

Nutrition Information Kids 333 Pizzas																	HELL
Average Nutrition Information per 100g and per serving, each 333 pizza is 2 servings.																	
		Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Fat - Saturat ed (g)	Carbo- hydrate (g)	Sugars (g)	Dietary Fibre (g)	Sodium (mg)	Potas- sium (mg)	Mag- nesium (mg)	Calcium (mg)	Phos- phorus (mg)	Iron (mg)	Zinc (mg)	Allergens
<i>All pizzas with Hell's pizza sauce and mozzarella cheese</i>																	
<b>NO EXTRA TOPPING</b>	100g	1070kJ	(257Cal)	11.4g	6.6g	3.4g	36.4g	1.2g	2.3g	277mg	153mg	30.1mg	190mg	208mg	1.2mg	1.4mg	W, M
	111g serving	1200	(286 Cal)	12.7g	7.3g	3.8g	40g	1.6g	2.5g	309mg	170mg	33mg	211mg	232mg	1.4mg	1.5mg	
<b>EXTRA CHEESE</b>	100g	1090	(261Cal)	12.5g	8g	4.3	33.6	1.1	2.1	296	147mg	30.4mg	240mg	239mg	1.2mg	1.6mg	W, M
	121g Serving	1325kJ	(287 Cal)	15g	9.6g	5.2	40.7	1.3	2.5	358	177	37	290	288	1.4	2	
<b>EXTRA TOPPINGS</b>																	
<b>ASPARAGUS</b>	100g	982kJ	(235Cal)	10.6g	6.0g	3.1g	33.1g	1.2g	2.3g	251mg	171mg	28.7mg	173mg	193mg	1.2mg	1.3mg	W,M
	123g serving	1210	289	13	7.4	3.8	40.8	1.5	2.8	308	210	35	213	239	1.5	1.5	
<b>BACON</b>	100g	1050kJ	(251Cal)	12.0g	7.3g	3.6g	32.8g	1.1g	2.0g	324mg	177mg	28.6mg	169mg	220mg	1.2mg	1.4mg	W,M,S
	125g serving	1315kJ	(314 Cal)	15.1	14.1	4.5	41.2	1.4	2.5	406	221	36	213	278	1.5	1.8	
<b>CAPSICUM</b>	100g	981kJ	(234Cal)	10.5g	6.0g	3.1g	33.2g	1.3g	2.1g	251mg	152mg	28.1mg	173mg	191mg	1.2mg	1.3mg	W,M
	123g serving	1210kJ	(289 Cal)	12.9	7.4	3.8	40.9	1.6	2.7	310	187	34.7	213	235	1.5	1.6	
<b>CHICKEN</b>	100g	1000kJ	(239Cal)	12.4g	6.5g	3.2g	31.4g	1.0g	1.9g	354mg	169mg	29.7mg	164mg	213mg	1.2mg	1.3mg	W,M
	130g serving	1300kJ	(311 Cal)	16.2	8.5	4.1	40.9	1.4	2.5	461	221	38.7	214	278	1.5	1.7	
<b>CORN KERNELS</b>	100g	1010kJ	(241Cal)	10.7g	6.1g	3.1g	34.3g	1.6g	2.4g	251mg	154mg	29.5mg	172mg	196mg	1.2mg	1.4mg	W,M
	123g serving	1245	(298 Cal)	13.2	7.6	2.6	42.3	2	3	310	190	36.3	212	242	1.4	1.7	
<b>GHERKIN</b>	100g	983kJ	(235Cal)	10.2g	5.9g	3.0g	33.8g	2.3g	2.3g	271mg	137mg	27.7mg	171mg	186mg	1.2mg	1.2mg	W,M
	126g serving	1235kJ	(295 Cal)	12.8	7.4	3.8	42.5	3	2.4	340	173	35	215	234	1.5	1.5	
<b>HAM</b>	100g	1000kJ	(239Cal)	11.7g	6.2g	3.1g	32.9g	1.1g	2.0	359mg	166mg	28.5mg	170mg	208mg	1.2mg	1.4mg	W,M
	125g serving	1260kJ	(300 Cal)	14.7	8	3.9	41.5	1.4	2.5	450	208	35.8	213	262	1.5	1.8	
<b>JALAPENOS</b>	100g	999kJ	(239Cal)	10.6g	6.1g	3.1g	33.8g	1.1g	2.3g	325mg	163mg	29.4mg	176mg	198mg	1.2mg	1.3mg	W,M
	221g serving	1210kJ	(289 Cal)	12.8	12.4	3.8	40.8	2.3	2.8	393	197	35.6	213	240	1.5	1.6	
<b>MUSHROOMS</b>	100g	902kJ	(216Cal)	9.9g	5.5g	2.8g	30.2g	1.0g	2.3g	230mg	198mg	26.7mg	158mg	192mg	1.1mg	1.3mg	W,M
	135g serving	1215kJ	(291 Cal)	13.3	7.4	3.8	40.7	1.4	3.2	311	267	36	213	259	1.5	1.7	
<b>OLIVES</b>	100g	1080kJ	(258Cal)	10.8g	8.0g	3.4g	34.6g	1.1g	2.3g	389mg	150mg	29.7mg	182mg	197mg	1.2mg	1.3mg	W,M
	119g serving	1285	(307 Cal)	12.8	9.5	4	41	1.3	2.8	462	178	35	217	234	1.5	1.6	
<b>ONIONS</b>	100g	1000kJ	(240Cal)	10.6g	6.1g	3.1g	34.1g	1.5g	2.2g	257mg	153mg	28.2mg	177mg	195mg	1.2mg	1.3mg	W,M
	121g serving	1215kJ	(290 Cal)	12.9	7.4	3.8	42	1.8	2.7	311	185	34	214	235	1.5	1.6	
<b>PARMESAN</b>	100g	1100kJ	(263Cal)	12.5g	7.5g	3.9g	35.0g	1.1g	2.2g	313mg	150mg	30.4mg	224mg	230mg	1.2mg	1.6mg	W,M
	117g serving	1280	(306 Cal)	15.5	8.7	4.6	40.7	1.3	2.5	364	175	35.4	260	267	1.4	1.8	
<b>PEPPERONI</b>	100g	1060kJ	(253Cal)	12.0g	7.1g	3.6g	34.0g	1.1g	2.2g	314mg	167mg	30.0mg	177mg	209mg	1.4mg	1.4mg	W,M,S
	121g serving	1280	(306 Cal)	14.5	8.6	4.3	41.1	1.4	2.6	380	202	36.3	214	256	1.7	1.7	
<b>PINEAPPLE</b>	100g	982kJ	(235Cal)	10.0g	5.8g	2.9g	34.2g	3.5g	2.1g	242mg	149mg	28.0mg	167mg	183mg	1.1mg	1.2mg	W,M
	128g serving	1255	(300 Cal)	12.8	7.4	3.8	43.8	4.5	2.7	310	191	35.8	213	233	1.5	1.6	
<b>REFRIED BEANS</b>	100g	976kJ	(233Cal)	10.6g	5.8g	2.9g	32.8g	1.1g	2.8g	310mg	191mg	31.8mg	170mg	191mg	1.3mg	1.4mg	W,M
	130g serving	1270	(304 Cal)	13.9	7.6	3.8	43	1.5	3.6	404	249	41.4	221	249	1.7	1.8	
<b>SALAMI</b>	100g	1050kJ	(252Cal)	11.8g	7.1g	3.6g	33.8g	1.1g	2.2g	311mg	170mg	30.0mg	177mg	209mg	1.3mg	1.4mg	W,M,S
	121g serving	1275	(305 Cal)														
<b>TOMATO</b>	100g	949kJ	(227Cal)	10.1g	5.8g	3.0g	32.1g	1.4g	2.1g	242mg	170mg	27.9mg	167mg	185mg	1.1mg	1.2mg	W,M
	128g serving	1215kJ	(290 Cal)	12.9	7.4	3.8	41.1	1.8	2.8	310	217	35.7	214	236	1.4	1.6	
Average Nutrition Information per 100g and per serving, based on information from nutrition data bases and supplier ingredient information for typical baking conditions.																	
General solid food products scoring 3 or below can make health claims about those nutrients that are present at high enough levels (see Nutrient Content Claims below).																	
<b>ALLERGENS</b>																	
Codes: W=Wheat,B=Barley, O=Oats, M=Milk, S=Soy, Su=Sulphites>10ppm, Se=Sesame seeds, P=Peanuts, T= Tree Nuts, F= Fish, C=Crustacea , E=Egg; All may contain traces of nuts & soy																	
Gluten comes from wheat, barley and oats.																	
All products are MSG free. All products handled in an environment that also handles wheat, oats, milk, soy, fish, seafood/crustacean, sesame seeds, tree nuts & peanuts.																	
<b>Traffic light colour coding</b>																	
		Green	Orange	Red	<b>Nutrient content claims for the pizzas as part of an overall healthy balanced diet:</b>												
Total fat (g/100g)		≤3	3.1-19.9	≥20	Protein: ≥5g= source of protein, ≥10g= high in protein; in a serving												
Saturated Fat (g/100g)		≤1.5	1.6-4.9	≥5	Dietary fibre: at least 2g = source of fibre, at least 4g=high in fibre, at least 7g=very high in fibre; in a serving												
Sugars (g/100g)		≤5	5.1-14.9	≥15	Low in sugar/sugars: no more than 5g/100g												
Sodium (mg/100g)		≤120	121-599	≥600													