EGG'D Catering Nutrition Per 100G

EGG'D

All nutritional information supplied has been rounded to the nearest 1 decimal point. All nutritional's are provided directly from our manufacturers. Whilst we take care to ensure all nutritional values are as accurate as possible, as per FSANZ guidelines please allow for a variation of up to 10% (higher or lower) than provided.

PROTEIN	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Bacon	745.0	178.2	13.3	13.8	4.8	0.5	0.5	897.0
Egg	596.0	142.6	12.8	10.1	3.1	0.3	0.3	133.0
Fluffy Egg	1472.3	352.2	10.5	33.8	19.9	2.4	2.4	127.0
Halloumi	1331.0	318.4	22.0	25.0	16.0	1.9	1.6	2600.0
Ham Sirloin	599.0	143.3	23.8	4.5	1.6	0.7	0.6	847.0
BREAD	**ENERGY (KJ)**	**ENERGY (CAL)**	**PROTEIN (G)**	**TOTAL FAT (G)**	**SAT FAT (G)**	**CARBS (G)**	**SUGAR (G)**	**SODIUM (MG)**
Slider Brioche	1480.0	354.1	11.4	13.0	7.9	45.4	9.0	457.0
FILLINGS	**ENERGY (KJ)**	**ENERGY (CAL)**	**PROTEIN (G)**	**TOTAL FAT (G)**	**SAT FAT (G)**	**CARBS (G)**	**SUGAR (G)**	**SODIUM (MG)**
Chives	125.0	29.9	1.5	0.3	0.1	2.6	2.6	7.0
Red Onion	146.0	34.9	1.6	0.2	0.0	6.3	6.3	2.0
Spinach	83.0	19.9	2.6	0.3	0.1	0.7	0.7	23.0
Tasty Cheese	1788.0	427.8	23.3	37.4	22.5	1.0	1.0	692.0
SAUCES	**ENERGY (KJ)**	**ENERGY (CAL)**	**PROTEIN (G)**	**TOTAL FAT (G)**	**SAT FAT (G)**	**CARBS (G)**	**SUGAR (G)**	**SODIUM (MG)**
Aioli Garlic	1920.0	459.3	1.1	49.2	4.5	7.2	5.2	480.0
Hollandaise	2550.0	610.0	0.8	68.5	5.2	0.4	0.2	477.0
Jam Chilli	512.0	122.5	0.8	0.2	0.0	27.9	26.9	203.0
Smokey Chipotle	1590.0	380.4	0.5	37.1	3.2	12.0	8.6	677.0