

HELL SALADS NUTRITIONAL INFORMATION



AVERAGE NUTRITION INFORMATION PER 100G AND PER SERVING.

FOODS		ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT, TOTAL (G)	FAT - SATURATED (G)	CARBO-HYDRATE (G)	SUGARS (G)	DIETARY FIBRE (G)	SODIUM (MG)	POTASSIUM (MG)	NPSC SCORE	NPSC SCORING HEALTHY	ALLERGENS IN BASE PRODUCT	INGREDIENTS CONTAIN GLUTEN
FRESH GREEN SALAD, NO DRESSING	100g	61	15	0.9	0.2	0.0	1.7	1.7	1.2	15	202	-9	Yes	None	No
	115g serving	70	17	1.1	0.2	0.0	1.9	1.9	1.4	18	232				
CHICKEN SALAD, NO DRESSING	100g	370	88	5.1	6.6	1.4	1.5	1.3	1.6	218	269	-2	Yes	None	No
	186g serving	688	164	9.6	12.3	2.6	2.8	2.4	3.0	406	500				
GREEK SALAD, NO DRESSING	per 100g	349	83	3.0	7.4	2.7	2.1	1.3	1.4	412	172	3	Yes	M	No
	155g serving	540	129	4.6	11.4	4.2	3.3	2.0	2.1	639	266				
CHICKEN SLAW SALAD, NO DRESSING	per 100g	607	145	6.2	3.9	1	3	2	.7	267	95	-2	Yes	None	No
	170g serving	1032	246	10.5	6.5	1.7	5.2	3.34	1.14	455	163				
CAMEMBERT SALAD, NO DRESSING	per 100g	439	105	3.0	8.6	2.2	3.0	2.9	2.6	62	402	-5	Yes	M, Su	No
	168g serving	739	176	5.1	14.4	3.7	5.0	4.8	4.3	105	677				

HELL SIDES NUTRITIONAL INFORMATION

AVERAGE NUTRITION INFORMATION PER 100G AND PER SERVING AS MOST SERVES NOT CLOSE TO 100G.

FOODS (FRIED VARIANTS)		ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT, TOTAL (G)	FAT - SATURATED (G)	CARBO-HYDRATE (G)	SUGARS (G)	DIETARY FIBRE (G)	SODIUM (MG)		NPSC SCORE	NPSC SCORING HEALTHY	ALLERGENS IN BASE PRODUCT	INGREDIENTS CONTAIN GLUTEN
WEDGES	per 100g	834	199	3.8	8.6	0.7	25.6	0.4	2.0	250		-5	Yes	W	Yes
	385g serving	3210	767	14.7	33.1	2.5	98.6	1.4	7.7	962					
JALAPENO POPPERS	per 100g	1110	265	7.9	8.8	5.2	37.4	8.9	2.0	488		11	No	W, M	Yes
	(5 peppers) 135g serving	1495	357	10.5	12	7	50.5	12	2.7	660					
CHICKEN TENDERS	per 100g	887	212	19.7	9.2	1.1	12.5	0.5	0.0	380		2	Yes	W, E	Yes
	200g serving	1770	424	39.4	18.4	2.2	24.9	1.1	0.0	760					
BEER BATTERED O-RINGS	per 100g	828	198	4.4	7.7	2	25	4.4	2.0	330		0	Yes	W, M	Yes
	(12 rings) 156g serving	1295	309	6.9	12	3.4	43	6.9	-	516					
CORN NUGGETS	per 100g	1080	257	5.0	11.9	1.5	31.2	6.7	2.4	460		5	No	W, M, S, SU	Yes
	150g serving	1610	385	7.5	17.8	2.2	46.8	10.0	3.6	690					(Beef fat)
CRUMBED CAMEMBERT	per 100g	1610	385	15.9	29.5	15.8	14.3	2.1	1.0	480		18	No	W, M, SU	Yes
	170g serving	2740	655	27.0	50.2	26.9	24.3	3.6	1.7	816					
PRAWN HORNS	per 100g	966	231	11.1	9.5	1.1	24.9	0.8	0.0	430		2	Yes	W, C	Yes
	120g serving	1160	277	13.4	11.4	1.3	29.9	0.9	0.0	516					
HOLY LOADED FRIES	per 100g	1876	448	7.1	14.7	4.4	28.4	4.4	0	887		17	No	W, M	Yes
	(2 serves) 289g serving	5423	1296	20.5	42.5	12.5	82	12.7	0	2562					
QUORN VEGAN NUGGETS	per 100g	842	201	12.8	4.3	0.5	25.2	0.9		1		7	Yes	W, Q	Yes
	(8 nuggets/serves 2) 83.2g serving	680	162	10.6	3.6	0.4	21	0.7		0.8					
CHICKEN NIBBLES	per 100g	685	163	18.2	9.7	2.8	<1	<1		337		2	Yes	None	No
	(6 nibbles) 250g serving	1713	408	45.5	24.3	7	<1	<1	0	843					
	(With cola bbq sauce) 25g serving	191	45	<1	<1	0	10.4	9.5		117					
	(With spicy APA sauce) 25g serving	159	38	<1	<1	<1	7.6	6.4		244				W, S, SU	Yes
UNHOLY DONUT	per 100g	1710	408	7.5	18.4	10.2	51.4	12.2		353		20	No	W, M, S	Yes
	105g serving	1790	428	7.9	19.3	10.7	54	12.8		370					
	(With dark chocolate) 25g serving	570	136	1.4	7.7	4.9	15.4	13		4					No
	(With milk chocolate) 25g serving	588	140	2.3	8.9	4.9	13	11		18				M	
	(With white chocolate) 25g serving	568	136	2.1	7.9	5.1	14	14		24				M	

FOODS (SERVED AS VARIANTS)		ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT, TOTAL (G)	FAT - SATURATED (G)	CARBO-HYDRATE (G)	SUGARS (G)	DIETARY FIBRE (G)	SODIUM (MG)		NPSC SCORE	NPSC SCORING HEALTHY	ALLERGENS IN BASE PRODUCT	INGREDIENTS CONTAIN GLUTEN
GARLIC BREAD	per 100g	1430	343	7.7	14.5	8.5	43.8	0.4	2.8	502		15	No	W, M, P, T	Yes
	220g serving	3160	754	16.9	31.9	18.6	96.4	1.0	6.2	1100					
SPIRIT PASTA	per 100g	732	175	6.2	10.3	5.4	13.9	1.8	1.2	273		6	No	W, E, M	Yes
	465g serving	3400	813	28.6	48.0	24.9	64.6	8.4	5.5	1270					
KALI PASTA	per 100g	608	145	6.8	5.6	3.0	15.9	4.7	2.0	394		1	Yes	W, E, M	Yes
	465g serving	2830	676	31.6	25.9	13.9	74.0	21.9	9.5	1830					
GREEN DEMON PASTA	per 100g	634	151	5.4	7.0	1.6	15.7	1.4	1.8	191		0	Yes	W, E, M	Yes
	(No optional's) 390g serving	2470	591	21.0	27.4	6.3	61.4	5.3	7.1	745					
GREEN DEMON PASTA	per 100g	763	182	6.5	10.8	4.6	14.1	1.2	1.6	289		4	No	W, E, M	Yes
	(With blue cheese) 435g serving	3320	793	28.3	47.0	20.0	61.4	5.4	7.1	1260					
GREEN DEMON PASTA	per 100g	793	189	6.8	10.8	4.4	15.4	3.1	2.3	278		3	Yes	W, E, M, SU	Yes
	(Blue cheese and SD toms) 460g serving	3650	872	31.2	49.5	20.2	70.7	14.3	10.6	1280					
CHICKEN DEMON PASTA	per 100g	649	155	6.9	7.3	1.8	14.0	1.2	1.6	203		-1	Yes	W, E, M, S	Yes
	440g serving	2860	683	30.3	32.0	7.9	61.7	5.5	7.1	895					
PORK SPARE RIBS	per 100g	1060	253	17.0	15.3	6.3	11.7	11.0	0.0	596		17	No	Su	No
	(With BBQ sauce, 540g) 374g** serving	3950	944	63.6	57.3	23.4	43.6	40.9	0.0	2230					
LAMB SHANKS	per 100g	478	114	11.8	4.0	1.6	7.0	2.6	1.1	202		-2	Yes	M, SU	No
	(With creamy mash and peas, 650g) 510g** serving	2440	583	60.3	20.6	8.0	35.8	13.1	5.4	1030		(Iron: 101% RDI/serving)			
CHEESECAKE	per 100g	1520	364	5.2	24.6	15.6	30.5	21.5	0.5	241		20	No	W, B, E, M, S	Yes (Gelatine)
	140g serving	2130	509	7.2	34.5	21.9	42.6	30.1	0.7	337		May contain traces of all other allergens.			
GF BROWNIE	per 100g	1900	454	4.4	24.2	12.8	55.1	41.8		104		25	No	M, E	No
	80g serving	1530	365	3.5	19.3	10.2	44	33.5		83					
GF & DF GARLIC BREAD	per 100g	1540	368	0.6	21.4	7	41.1	4.4		570		16	No	S	No
	(2 serves) 110g serving	1700	406	0.7	23.5	7.7	45.3	4.8		627					

ALLERGEN CODES:

CONTAINS W=WHEAT, B=BARELY, O=OATS, M=MILK(DAIRY), S=SOY, SU=SULPHITES>10PPM, SE=SESAME SEEDS, P=PEANUTS, T=TREENUTS, F=FISH, C-CRUSTACEA, E=EGG, Q=QUORN MYCOPROTEIN. ALL MAY CONTAIN TRACES OF NUTS & SOY.

Gluten free deep fried products fried in same fat as gluten containing products, so could only indicate Low Gluten (max 200ppm) at best.

All produts are MSG free. All products handled in an environment that also handles wheat, oats, milk, soy, fish, seafood/crustacean, sesame seeds, tree nuts & peanuts.

Adequate Intake for Potassium is 3800mg/day for Adult Males and 2800mg/ day for Adult Females (NHMRC, Nutrient Reference Values 2006).

NPSC Nutrient Profile Score rates products on healthyness on balance of energy, sat fat, sugar & salt and gives bonus points for fruits & veges, protein and fibre. (Australia New Zealand Food Standard Code 1.2.7.)

General solid food products scoring below 4 can make health claims about those nutrients that are present at high enough levels (see Nutrient Claims below).

* Sugars in kumara are natural sugars (primarily maltose) from the red kumara.

** Lamb & pork ribs nutrition and weight is without the bones

COLOUR CODING	LOW	MEDIUM	HIGH
Total Fat (g/100g)	≤3	3.1 - 19.9	≥20
Saturated Fat (g/100g)	≤1.5	1.6 - 4.9	≥5
Sugars (g/100g)	≤5	5.1 - 14.9	≥15
Sodium (mg/100g)	≤120	121 - 599	≥600

NUTRIENT CLAIMS AS PART OF A HEALTHY VARIED DIET:

Low in saturated fat: ≤15g / 100g solid food.

Low in sugar: ≥5g / 100g food.

Low in salt / sodium: ≤120mg / 100g food.

Dietary fibre: ≥2g = source, ≥4g = high, ≥7g = very high in fibre; per serving.

Potassium: no less than 200mg / serving and pass NPSC scoring.

Protein: ≥5g = source of protein, ≥10g = high in protein; per serving.