



## **V-TWIN VEGE**

## **V-TWIN VEGE INGREDIENTS:**

Mushroom, kūmara, chickpea & basil patty; vegetarian cheddar, truffle mascarpone, plum sauce, salad, Relish, BurgerFuel Aioli & a wholemeal bun.

V-TWIN VEGE SERVED ON A WHOLEMEAL BUN			
AVERAGE SERVING SIZE: 367G	AVERAGE PER 100G	AVERAGE PER SERVE (367G)	
ENERGY (KJ)	1047	3842	
ENERGY (CAL)	250	919	
PROTEIN (G)	8.4	31	
FAT, TOTAL (G)	13	49	
- SATURATED (G)	3.8	14	
CARBOHYDRATES (G)	24	88	
- SUGARS (G)	6.1	22	
SODIUM (MG)	374	1373	

V-TWIN VEGE SERVED ON A GLUTEN FREE BUN			
AVERAGE SERVING SIZE: 408G	AVERAGE PER 100G	AVERAGE PER SERVE (408G)	
ENERGY (KJ)	1260	4626	
ENERGY (CAL)	301	1106	
PROTEIN (G)	7.1	26	
FAT, TOTAL (G)	16	58	
- SATURATED (G)	4.2	15	
CARBOHYDRATES (G)	33	120	
- SUGARS (G)	5.9	22	
SODIUM (MG)	423	1551	

V-TWIN VEGE SERVED AS A 'LOW CARBORATOR' (LOWER CARB')			
AVERAGE SERVING SIZE: 292G	AVERAGE PER 100G	AVERAGE PER SERVE (292G)	
ENERGY (KJ)	897	2619	
ENERGY (CAL)	215	627	
PROTEIN (G)	7.1	21	
FAT, TOTAL (G)	15	45	
- SATURATED (G)	4.5	13	
CARBOHYDRATES (G)	12	35	
- SUGARS (G)	4.1	12	
SODIUM (MG)	302	882	

<sup>1 60%</sup> less carbohydrate than the regular V-Twin Vege