

KIDS CHEESEBURGER MEAL

KIDS CHEESEBURGER MEAL INGREDIENTS: Mini cheeseburger, spud fries served with BurgerFuel Aioli or tomato sauce and a small juice.

KIDS CHEESEBURGER MEAL SERVED ON A WHOLEMEAL BUN			
AVERAGE SERVING SIZE: 320G	AVERAGE PER 100G	AVERAGE PER SERVE (320G)	
ENERGY (KJ)	1214	3886	
ENERGY (CAL)	291	930	
PROTEIN (G)	14	43	
FAT, TOTAL (G)	17	54	
- SATURATED (G)	5.5	18	
CARBOHYDRATES (G)	21	66	
- SUGARS (G)	1.5	4.9	
SODIUM (MG)	302	966	

KIDS CHEESEBURGER MEAL SERVED ON A GLUTEN FREE BUN			
AVERAGE SERVING SIZE: 410G	AVERAGE PER 100G	AVERAGE PER SERVE (410G)	
ENERGY (KJ)	1263	5179	
ENERGY (CAL)	302	1238	
PROTEIN (G)	11	43	
FAT, TOTAL (G)	16	65	
- SATURATED (G)	4.7	19	
CARBOHYDRATES (G)	29	121	
- SUGARS (G)	1.6	6.7	
SODIUM (MG)	310	1272	

KIDS CHEESEBURGER MEAL SERVED AS A 'LOW CARBORATOR' (LOWER CARB')			
AVERAGE SERVING SIZE: 368G	AVERAGE PER 100G	AVERAGE PER SERVE (368G)	
ENERGY (KJ)	904	3326	
ENERGY (CAL)	216	796	
PROTEIN (G)	11	39	
FAT, TOTAL (G)	14	52	
- SATURATED (G)	4.7	17	
CARBOHYDRATES (G)	12	43	
- SUGARS (G)	0.8	2.9	
SODIUM (MG)	205	753	

^{1 36%} less carbohydrate than the regular Kid's Cheeseburger Meal