



## **SPUD FRIES**

SPUD FRIES INGREDIENTS: Potatoes, & salt.

SPUD FRIES			
AVERAGE SERVING SIZE: 253G	AVERAGE PER 100G	AVERAGE PER SERVE (253G)	
ENERGY (KJ)	1018	2575	
ENERGY (CAL)	243	616	
PROTEIN (G)	3.7	9.3	
FAT, TOTAL (G)	11	29	
- SATURATED (G)	0	2.4	
CARBOHYDRATES (G)	32	80	
- SUGARS (G)	0.3	0.8	
SODIUM (MG)	234	593	

BURGERFUEL AIOLI			
AVERAGE SERVING SIZE: 40G	AVERAGE PER 100G	AVERAGE PER SERVE (40G)	
ENERGY (KJ)	3150	1260	
ENERGY (CAL)	754	301	
PROTEIN (G)	0.2	0.1	
FAT, TOTAL (G)	84	34	
- SATURATED (G)	6.9	2.8	
CARBOHYDRATES (G)	1.9	0.8	
- SUGARS (G)	0	0	
SODIUM (MG)	288	115	