



KŪMARA FRIES

KŪMARA FRIES INGREDIENTS: Kūmara, & salt.

KŪMARA FRIES			
AVERAGE SERVING SIZE: 283G	AVERAGE PER 100G	AVERAGE PER SERVE (283G)	
ENERGY (KJ)	1257	3556	
ENERGY (CAL)	301	851	
PROTEIN (G)	1.6	4.4	
FAT, TOTAL (G)	9.5	27	
- SATURATED (G)	0.8	2.4	
CARBOHYDRATES (G)	52	146	
- SUGARS (G)	18	52	
SODIUM (MG)	192	543	

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	