



Nutritional Information

<u>Product</u>	<u>Weight</u>	<u>Kcals /100g</u>	<u>Protein</u>	<u>Carbs/100g</u>	<u>Fat g/100g</u>	<u>Of Which Saturates</u>	<u>Fibre</u>	<u>WW Pro Points™ per 100g</u>
Pork Sausage	400g	114.9	19.81g	4.03g	2.17g	.87g	0.1g	2
Chipolatas Pork Sausage	400g	114.9	19.81g	4.03g	2.17g	.87g	0.1g	2
Cumberland Pork Sausage	400g	116.9	18.81g	5.38g	2.24g	0.9g	0.1g	3
Lincolnshire Pork Sausage	400g	120.5	19.12g	6.25g	2.11g	.84g	0.1g	3
Garlic & Herb Pork Sausage	400g	125.3	19.44g	6.5g	2.39g	.96g	0.1g	3
Old English Pork Sausage	400g	118	20.12g	4.84g	2.02g	.8g	0.1g	3
Pork & Apple Sausage	400g	106.5	19.44g	3.39g	1.69g	.68g	0.1g	2
Pork & Leek Sausage	400g	106.9	19.1g	4.24g	1.94g	.78g	0.1g	2
Chilli & Garlic Pork Sausage	400g	112.3	19.44g	2.89g	2.33g	.93g	0.1g	2
Pork Sausage Meat	400g	114.9	19.81g	4.03g	2.17g	.87g	0.1g	2
<u>Product</u>	<u>Weight</u>	<u>Kcals/100g</u>	<u>Protein</u>	<u>Carbs/100g</u>	<u>Fat g/100g</u>	<u>Of Which Saturates</u>	<u>Fibre</u>	<u>WW Pro Points™ per 100g</u>
Pork Chilli & Garlic Grills	400g	112.3	19.44g	2.89g	2.33g	.93g	0.1g	2
Pork & Apple Grills	400g	106.5	19.44g	3.39g	1.69g	.68g	0.1g	2
Pork Garlic & Herb Grills	400g	125.3	19.44g	6.5g	2.39g	.96g	0.1g	3
<u>Product</u>	<u>Weight</u>	<u>Kcals/100g</u>	<u>Protein</u>	<u>Carbs/100g</u>	<u>Fat g/100g</u>	<u>Of Which Saturates</u>	<u>Fibre</u>	<u>WW Pro Points™ per 100g</u>
Beef Burgers	220g	116	17.91g	4.20g	3.0g	1.2g	0.3g	3
Pork & Chilli Burgers	220g	112.3	19.44g	2.89g	2.33g	.93g	0.1g	2
Pork & Apple Burgers	220g	106.5	19.44g	3.39g	1.69g	.68g	0.1g	2
<u>Product</u>	<u>Weight</u>	<u>Kcals/100g</u>	<u>Protein</u>	<u>Carbs/100g</u>	<u>Fat g/100g</u>	<u>Of Which Saturates</u>	<u>Fibre</u>	<u>WW Pro Points™ per 100g</u>
Chinese Pork Steaks	400g	120.5	21.19g	5.29g	1.62g	.65g	0.05g	2
Peppered Pork Steaks	400g	TBC	TBC	TBC	TBC	TBC	TBC	2
Cajun Pork Steaks	400g	114.1	20.87g	3.93g	1.66g	.66g	0.50g	2
Hot & Spicy Pork Steaks	400g	115.1	20.87g	3.93g	1.66g	.66g	0.36g	2
Chinese Chicken Steaks	400g	118.4	22.19g	6.57g	.37g	.11g	0.05g	2
Peppered Chicken Steaks	400g	119.4	22.0g	6.38g	.37g	.11g	0.53g	2
Peppered Beef Steaks	350g	130.2	20.5g	6.23g	2.59g	1.04g	0.53g	3

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