



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