



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