

# CHOZEN NOODLE

# NUTRITIONAL INFORMATION

Product	Portion Size (g)	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Salt
Sweet & Sour with White Rice	520	608.4	42.55	83.46	16.29	2.08	10.4	3.29	1.57
Thai Red Chicken with White Rice	520	585	27.73	84.76	13.69	6.24	13.52	9.53	4.17
Green Thai Chicken with White Rice	520	590.2	28.51	86.06	13.69	5.46	14.3	10.31	2.428
Teriyaki Chicken with White Rice	520	629.2	33.97	101.92	34.75	3.38	7.54	2.146	5.21
Red Thai Vegetable with White Rice	520	483.4	8.49	93.6	22.01	2.86	6.5	5.11	3.52
Panang with White Rice	520	670.4							
Spicy Sesamewith White Rice	520	598.4	27.47	101.4	27.73	2.08	7.8	1.47	4.5
Massaman Chicken Curry with Rice	520	613.6	26.17	94.64	21.75	6.24	13.26	9.79	4.378
Sweet & Sour with Brown Rice	520	618.8	44.14	75.56	16.46	6	11.92	3.62	1.59
Thai Red Chicken with Brown Rice	520	595.4	29.32	76.86	13.86	10.16	15.04	9.86	4.19
Green Thai Chicken with Brown Rice	520	600.6	30.1	78.16	13.86	9.38	15.82	10.64	2.448
Teriyaki Chicken with Brown Rice	520	639.6	35.56	94.02	34.92	7.3	9.06	2.476	5.23
Red Thai Vegetable with Brown Rice	520	493.8	10.08	85.7	22.18	6.78	8.02	5.44	3.54
Panang with Brown Rice	520	680.8							
Spicy Sesame with Brown Rice	520	608.8	29.06	93.5	27.9	6	9.32	1.8	4.52
Massaman Chicken Curry with Brown Rice	520	624	27.76	86.74	21.92	10.16	14.78	10.12	4.398
Sweet & Sour with Noodles	520	649	50.14	85.96	18.36	1.3	10.82	3.32	3.36
Thai Red Chicken with Noodles	520	625.6	35.32	87.26	15.76	5.46	13.94	9.56	5.96
Green Thai Chicken with Noodles	520	630.8	36.1	88.56	15.76	4.68	14.72	10.34	4.218
Teriyaki Chicken with Noodles	520	669.8	41.56	104.42	36.82	2.6	7.96	2.176	7
Red Thai Vegetable with Noodles	520	524	16.08	96.1	24.08	2.08	6.92	5.14	5.31
Panang with Noodles	520	711							
Spicy Sesamewith Noodles	520	639	35.06	103.9	29.8	1.3	8.22	1.5	6.29