

NUTRITION FACTS

FRENCH FRIES

NUTRITIONAL VALUES (per 100g)

AMOUNT (110g portion)

Energy	315 kcal
Fat	12.2 g
of which saturated	1.6 g
carbohydrates	45.2 g
of which sugars	4.7 g
Proteins	3.2 g
Salt	3.03 g

ALLERGENS

Possible allergens in ketchup: sulfites, celery, mustard. Possible traces of gluten if fried in shared oil.

INGREDIENTS

- 110 g french fries
- 5 g high oleic sunflower oil
- 3 g salt
- 15 g ketchup



NUTRITION FACTS

CHICKEN NUGGETS (POPS)

NUTRIENT	AMOUNT (100 g)
Calories	290 kcal
Total fat	19 g
Saturated fat	4 g
Trans fat	0.1 g
Cholesterol	40 mg
Sodium	540 mg
Total carbohydrates	18 g
Dietary fiber	1 g
Sugars	0 g
Protein	14 g

ALLERGENS

Chicken (for those sensitive to poultry), may contain wheat (gluten) & dairy, based products in the breading, may contain soy based products, may present eggs in the batter.



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