

Sauce kJ Summary

Sauce Type	6-Pack	12-Pack	24-Pack
Perri Perri	55	113	221
Hot Chilli Sauce	136	272	543
Honey Soy	109	218	437
Buffalo	104	208	417
Hickory & Brown Sugar	131	262	523
Honey Mustard	371	743	1,486
Smoky BBQ	144	288	577
Chipotle	74	147	294
Mutagen	289	578	1,156
Aioli Mayonnaise	318	636	954
Sponge Bob Sauce	331	662	1,324

Chicken kJ vs Pack Size

Pieces	Boneless	Traditional	Seasoned
3	972	1,230	1,287
4	1,296	1,640	1,716
6	1,944	2,460	2,574
12	3,888	4,920	5,148
24	7,776	9,840	10,296

Chicken Breakdown

Per Piece	Boneless	Traditional	Seasoned
Energy (kJ)	324	410	429
Protein_g	8	8	9
Fat. Total_G	3	7	7
saturated_g	0.4	2	2
Carbohydrate_g	4	0.2	1
Sugars_g	0.1	0.1	0.5
Sodium_mg	287	315	239

Sauce Breakdown

Template	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)					
Protein_g					
Fat. Total_G					
saturated_g					
Carbohydrate_g					
Sugars_g					
Sodium_mg					

Hot Chilli Sauce	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)	65	98	136	272	543
Protein_g	0	0	0	1	2
Fat. Total_G	0	0	1	1	2
saturated_g	0	0	0	0	0
Carbohydrate_g	1	2	3	6	11
Sugars_g	1	2	2	4	9
Sodium_mg	70	105	146	291	583

Honey Soy	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)	49	73	109	218	437
Protein_g	0	0	0	0	0
Fat. Total_G	0	0	0	0	0
saturated_g	0	0	0	0	0
Carbohydrate_g	3	4	6	13	26
Sugars_g	2	3	5	10	21
Sodium_mg	162	241	359	718	1,436

Perri Perri	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)	27	80	55	113	221
Protein_g	0	0	0	0	1
Fat. Total_G	0	0	0	1	1
saturated_g	0	0	0	0	0
Carbohydrate_g	1	4	2	5	10
Sugars_g	1	2	2	3	6
Sodium_mg	98	288	198	404	792

Buffalo	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)	45	65	104	208	417
Protein_g	0	0	0	0	1
Fat. Total_G	1	2	2	5	10
saturated_g	0	0	0	1	2
Carbohydrate_g	0	0	0	1	2
Sugars_g	0	0	0	0	1
Sodium_mg	234	338	543	1,085	2,170

Hickory & Brown Sugar	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)	101	146	218	437	873
Protein_g	0	0	0	0	1
Fat. Total_G	0	0	0	0	0
saturated_g	0	0	0	0	0
Carbohydrate_g	6	8	12	25	49
Sugars_g	5	7	11	22	44
Sodium_mg	94	136	202	405	810

Honey Mustard	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)	55	82	131	262	523
Protein_g	0	0	0	0	1
Fat, Total_G	0	0	0	1	1
saturated_g	0	0	0	0	1
Carbohydrate_g	3	4	7	13	27
Sugars_g	2	4	6	11	23
Sodium_mg	43	64	103	206	412

Chipotle	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)	35	49	74	147	294
Protein_g	0	0	0	1	1
Fat, Total_G	0	0	0	0	1
saturated_g	0	0	0	0	0
Carbohydrate_g	2	2	3	7	13
Sugars_g	1	2	2	5	9
Sodium_mg	113	162	241	482	964

Sponge bob	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)	166	246	331	662	1,324
Protein_g	0	0	0	0	1
Fat, Total_G	4	5	7	14	28
saturated_g	0	0	1	1	2
Carbohydrate_g	2	3	4	8	16
Sugars_g	2	3	3	7	14
Sodium_mg	84	124	167	334	669

Smoky BBQ	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)	62	90	144	288	577
Protein_g	0	0	0	1	1
Fat, Total_G	0	0	0	0	0
saturated_g	0	0	0	0	0
Carbohydrate_g	3	5	8	15	30
Sugars_g	3	4	7	13	26
Sodium_mg	103	148	238	476	952

Mutagen	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)	145	215	289	578	1,156
Protein_g	0	0	0	0	1
Fat, Total_G	4	5	7	14	28
saturated_g	0	0	1	1	2
Carbohydrate_g	1	1	2	3	6
Sugars_g	0	1	1	2	4
Sodium_mg	78	115	155	311	622

Aioli Mayonnaise	3 Pack	4 Pack	6 Pack	12 Pack	24 Pack
Energy (kJ)	159	212	318	636	1272
Protein_g	0	0	0	1	1
Fat, Total_G	4	5	8	15	30
saturated_g	0	0	1	1	3
Carbohydrate_g	1	1	2	4	8
Sugars_g	1	1	1	2	5
Sodium_mg	89	119	178	357	714