

## CERTIFICATE OF ANALYSIS

**Description:** BBQ CHICKEN & RICE POT - 37G PROTEIN

**Category:** Ready Meals

**Report Date:** 28/10/2016

<i>Method</i>	<i>Analysis Specification:</i>	<i>Results (per 100g)</i>
CH4905	Energy (kcal)	102
CH4905	Energy (kJ)	433
CH4028	Protein (Nx6.25) g/100g	12.8
CH4028	Nitrogen g/100g	2.05
CH4022	Fat (Free) g/100g	0.9
CH4030	Saturates g/100g	0.3
CH4030	Monounsaturates g/100g	0.3
CH4030	Polyunsaturates g/100g	0.3
CH4030	Trans g/100g	< 0.1
CH4905	Total Carbohydrate g/100g	11.6
CH4905	Available Carbohydrate g/100g	9.9
CH4034	Total Sugar g/100g	<0.1
CH4009	Dietary Fibre (AOAC) g/100g	1.8
CH4011	Sodium mg/100g	91
CH4905	Salt: estimated from sodium g/100g	0.23

Checked/Signed by



Neil Smith  
Deputy Chemistry Manager

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