

KicStart VLCD – Creamy Chicken Nutritional Information

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 55g/200ml Hot Water		
	Average Quantity per	Average Quantity per 100g
Energy	859kJ (205Cal)	1561kJ (373Cal)
Protein	21.3g	38.8g
Fat, Total	5.3g	9.6g
Saturated	0.8g	1.5g
Trans	0.0g	0.0g
Monounsaturated	1.4g	2.5g
Polyunsaturated	3.0g	5.5g
Omega-6 LA	2.8g	5.1g
Omega-3 ALA	71.5mg	130mg
Omega-3 EPA	6.1mg	11.1mg
Omega-3 DHA	23.9mg	43.5mg
Carbohydrate	16.2g	29.5g
Sugars	10.9g	19.8g
Dietary Fibre	3.2g	5.8g
Sodium	746mg	1356mg
Potassium	968mg	1759mg
VITAMINS		
Thiamine (B1)	0.55mg	1.0mg
Riboflavin (B2)	0.85mg	1.5mg
Niacin (B3)	5.0mg	9.1mg
Vitamin C	20.0mg	36.4mg
Vitamin D	4.1ug (41%RDI)	7.5ug
Vitamin E	4.0mg	7.3mg
Vitamin B6	0.8mg	1.5mg
Vitamin B12	1.0ug (50%RDI)	1.8ug
Pantothenate	0.8mg	1.5mg
Biotin	5.0ug	9.1ug
Folate	100ug	182ug
Vitamin A	300ug	545ug
Vitamin K	30ug	54.5ug
MINERALS		
Magnesium	160mg	290mg
Calcium	400mg	727mg
Phosphorus	340mg	618mg
Iron	4.8mg	8.7mg
Zinc	4.8mg	8.7mg
Manganese	850ug	1545ug
Copper	0.5mg	0.9mg
Selenium	17.5ug	31.8ug
Iodine	75ug (50%RDI)	136ug
Chromium	34ug	61.8ug
Molybdenum	42.5ug	77.3ug

Ingredient Declaration

Skim Milk Powder, Hydrolysed Gelatin, **Sunflower Oil Powder** [Sunflower Oil, Glucose Syrup Solids, **Milk Protein**, Emulsifier (472c), Antioxidant (304, **306 (From Soy)**, **Lecithin**)], **Soy Isolate**, **Soy Flour**, Maltodextrin, **Flavour (Contains Wheat)**, Inulin, Potassium Citrate, Minerals (Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Selenium Yeast, Copper Gluconate, Manganese Sulphate, Chromium Picolinate, Potassium Iodide, Sodium Molybdate), Vegetable Gum (415), Garlic, Spice, **Marine Oil (Contains Fish, Soy, Milk)**, **Natural Flavour Enhancer (Contains Soy, Wheat)**, Herbs, Onion, Dextrose, Vitamins (Vitamin C, Niacin, Vitamin E, Riboflavin, Pantothenic Acid, Pyridoxine, Thiamin, Vitamin A, Folate, Vitamin K, Biotin , Vitamin D, Vitamin B12), Colour (102)