

Roll with curried egg, lettuce & cucumber

1656kJ, 16g fat

| Nutrients | Amount per serve |
|-----------------------|-------------------------|
| Energy | 1656.19kJ |
| Protein | 20.95g |
| Total fat | 15.84g |
| - saturated fat | 4.12g |
| - polyunsaturated fat | 3.57g |
| - monounsaturated fat | 5.45g |
| Cholesterol | 379.84mg |
| Carbohydrate | 39.69g |
| Sugars | 6.28g |
| Starch | 33.41g |
| Fibre | 5.35g |
| Thiamin | 0.32mg |
| Riboflavin | 0.54mg |
| Niacin | 1.93mg |
| Vitamin C | 2.01mg |
| Folate | 81.62µg |
| Vitamin A equivalents | 166.49µg |
| Sodium | 712.15mg |
| Potassium | 333.12mg |
| Magnesium | 56.97mg |
| Calcium | 118.32mg |
| Phosphorus | 286.88mg |
| Iron | 4.36mg |
| Zinc | 1.96mg |