

Star shaped damper rolls (filled with lettuce, cheese, ham & tomato relish)

1075kJ, 6g fat per serve

| Nutrients | Amount per serve |
|-----------------------|-------------------------|
| Energy | 1075.66kJ |
| Protein | 18.64g |
| Total fat | 6.48g |
| - saturated fat | 3.83g |
| - polyunsaturated fat | 0.37g |
| - monounsaturated fat | 1.76g |
| Cholesterol | 29.38mg |
| Carbohydrate | 29.92g |
| Sugars | 3.52g |
| Starch | 26.42g |
| Fibre | 1.63g |
| Thiamin | 0.30mg |
| Riboflavin | 0.18mg |
| Niacin | 1.21mg |
| Vitamin C | 1.76mg |
| Folate | 32.48µg |
| Vitamin A equivalents | 73.90µg |
| Sodium | 552.42mg |
| Potassium | 246.32mg |
| Magnesium | 33.01mg |
| Calcium | 404.02mg |
| Phosphorus | 563.72mg |
| Iron | 0.73mg |
| Zinc | 2.19mg |