

Let's eat

Baked Potato with Chicken Mayonnaise topping

Allergens – Eggs, Milk, Mustard, Sulphites

Mayonnaise

Hellmans (contains Eggs, Milk, Mustard)

Lemon Juice (contains Sulphites)



Portion Size - Primary 70g Chicken Mayonnaise

Nutritional Content per 100g Chicken Mayonnaise

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 186	= 10.5	= 2.3	= 1.9	= 0.45	= 7

Baked Potato per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 136	= 0.2	= 0.1	= 1.2	= 0.1	= 31.7