

Tuckr Virtual Nutrition Per 100g 2026



All nutritional information supplied has been rounded to the nearest 1 decimal point. All nutritional's are provided directly from our manufacturers. Whilst we take care to ensure all nutritional values are as accurate as possible, as per FSANZ guidelines please allow for a variation of up to 10% (higher or lower) than provided.

PROTEIN	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Chicken Breast	413.0	98.8	18.5	2.3	1.0	1.0	1.0	150.0
Crumbed Chicken	992.0	237.3	17.2	14.3	4.2	9.2	1.1	626.0
Ham Shaved	421.0	100.7	15.4	3.0	0.9	2.7	1.5	1224.0
Steak	527.0	126.1	15.4	5.7	2.8	0.6	0.1	818.0
Beef	501.0	119.9	15.6	3.1	1.4	7.1	2.1	819.0
Falafel	663.0	158.6	8.0	5.3	0.3	27.4	1.1	311.0
Garden Veggie	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Beef Pattie	992.0	237.3	17.2	14.3	4.2	9.2	1.1	626.0
Butter Chicken	611.0	146.0	11.0	8.0	4.0	8.0	6.0	430.0
Crispy Chicken Burger	999.0	239.0	11.0	15.0	3.0	16.0	1.0	280.0
Frankfurter	251.0	60.0	1.0	10.0	1.6	14.0	8.0	203.0
Meatballs	1200.0	287.1	17.0	19.3	6.7	10.2	1.1	608.0
Shredded Chicken	563.0	135.0	26.0	3.0	1.0	1.0	1.0	540.0
BASES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Pasta	769.0	184.0	6.0	0.8	0.2	37.0	1.5	0.2
Burger Bun	1040.0	249.0	10.0	2.0	0.0	45.0	4.0	385.0
Plain Pita	1160.0	277.5	9.9	1.5	0.4	55.3	2.8	360.3
Rice (Cooked)	753.0	180.1	3.0	0.5	0.5	42.0	0.5	4.0
Spaghetti	1538.0	367.9	12.0	1.5	3.0	74.0	3.0	0.0
Split Bread Roll	1170.0	280.0	9.0	4.0	2.0	51.0	3.0	534.0
FILLINGS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Carrot	138.0	33.0	0.8	0.1	0.0	9.6	4.7	40.0
Cheddar Cheese	1780.0	425.8	23.8	35.5	21.1	1.0	1.0	750.0
Cheese Slice Processed	1540.0	346.9	2.0	27.9	19.0	4.4	2.6	1660.0
Corn	482.0	115.3	2.6	1.0	0.2	23.6	2.6	2.2
Lettuce	41.0	9.8	1.0	0.1	0.0	0.4	0.4	26.0
Tomato	78.0	18.7	1.0	0.1	0.0	2.4	2.2	8.0
Cucumber	58.0	13.9	1.2	0.1	0.0	1.4	1.4	16.0
Red Onion	146.0	34.9	1.6	0.2	0.0	6.3	6.3	2.0
SAUCES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
BBQ	699.0	167.2	0.6	0.2	0.0	40.1	31.2	808.0
Chilli Mayo	817.6	195.6	0.6	16.6	1.5	12.5	10.5	231.3
Cheese Sauce	762.0	182.0	5.8	14.8	9.8	6.6	3.5	695.0
Mayonnaise	2240.0	535.9	0.8	60.1	5.5	2.7	2.6	509.0
Mustard	498.0	119.1	3.8	4.4	0.3	16.0	8.6	1424.0
Ketchup	468.0	112.0	0.7	0.0	0.0	26.8	24.5	1180.0
Napolita Italiana (Pizza Sauce)	239.0	57.2	1.6	1.7	0.2	8.8	7.2	330.0

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SAUCES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Aioli Garlic	1920.0	459.3	1.1	49.2	4.5	7.2	5.2	480.0
Sweet Chilli	733.0	175.4	1.3	0.1	0.0	42.6	35.6	332.0
Teriyaki Sauce	717.0	171.5	1.9	4.7	0.7	30.3	25.6	1870.0
Smokey Chipotle	1590.0	380.4	0.5	37.1	3.2	12.0	8.6	677.0
Hummus	807.0	193.1	6.1	11.2	1.0	14.4	3.0	414.0
Cucumber Yoghurt	998.0	238.8	2.4	20.9	3.2	10.3	7.0	506.0
INDIVIDUAL ITEMS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Apple	240.0	57.4	0.4	0.1	0.0	12.2	11.6	1.0
Banana	398.0	95.2	1.4	0.3	0.0	19.6	12.8	0.0
Cookie Chocolate Chip Chew	1968.4	470.2	3.5	22.8	17.5	63.2	43.9	110.5
Garlic Bread Small	1140.0	272.0	7.0	11.0	2.5	36.0	1.0	502.0
Mandarin	184.0	44.0	0.6	0.1	0.0	7.8	7.8	40.0
Pie Mince & Cheese Bagged (Dads Pies)	1060.0	253.6	9.2	13.3	7.6	24.0	1.0	370.0
Pie Steak & Cheese Bagged (Dads Pies)	1040.0	248.8	9.0	13.1	7.6	23.1	0.8	349.0
Slice Brownie	2010.0	480.0	5.8	25.8	12.3	55.1	42.1	183.0
Slice Cookie Caramel	1906.7	456.0	5.3	22.7	16.0	57.3	41.3	329.3
Waffle Small	1233.3	294.4	4.4	15.6	7.8	35.6	15.6	307.8
Yoghurt Berry Favourites Reduced Sugar	280.0	67.0	3.9	1.4	0.9	9.4	7.7	39.0
DRINKS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
H2GO Water (600ml)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Just Juice Orange & Mango (250ml)	189.6	45.2	0.4	0.4	0.0	10.0	9.6	3.2
Just Juice Tropical 50% Less Sugar (250ml)	92.4	22.0	0.4	0.4	0.0	4.8	4.4	1.6
Up & Go Liquid Breakfast - Choc Ice (350ml)	328.6	78.6	3.4	1.7	0.3	11.4	6.6	67.4