

EggRun Nutrition Facts

EGGRUN ORIGINALS

EGGRUN



CUP ON THE RUN



VEGANRUN



TACORUN



EggRun	Per 100 g	Per portion (251.00 g)	% RI*
Energy	1111.77 kJ / 264.84 kcal	2790.53 kJ / 664.75 kcal	33.22%
Fat	17.28 g	43.38 g	61.98%
Of which Saturates	3.93 g	9.86 g	49.30%
Carbohydrate	19.17 g	48.13 g	18.51%
Of which Sugars	7.46 g	18.73 g	20.81%
Protein	9.13 g	22.91 g	45.81%
Salt	0.90 g	2.27 g	37.78%
* Reference intake of an average adult (8 400 kJ / 2 000 kcal).			

EggRun	Per 100 g	Per portion (231.00 g)	% RI*
Energy	679.97 kJ / 163.71 kcal	1570.73 kJ / 378.17 kcal	18.70%
Fat	12.97 g	29.96 g	42.81%
Of which Saturates	3.78 g	8.74 g	43.71%
Carbohydrate	2.36 g	5.44 g	2.09%
Of which Sugars	0.88 g	2.03 g	2.25%
Protein	8.98 g	20.74 g	41.48%
Salt	0.51 g	1.17 g	19.52%
* Reference intake of an average adult (8 400 kJ / 2 000 kcal).			

EggRun	Per 100 g	Per portion (226.01 g)	% RI*
Energy	1034.08 kJ / 246.57 kcal	2337.13 kJ / 557.28 kcal	27.82%
Fat	16.73 g	37.81 g	54.01%
Of which Saturates	1.93 g	4.36 g	21.82%
Carbohydrate	21.30 g	48.14 g	18.52%
Of which Sugars	6.67 g	15.08 g	16.75%
Protein	3.02 g	6.82 g	13.63%
Salt	0.66 g	1.49 g	24.79%
* Reference intake of an average adult (8 400 kJ / 2 000 kcal).			

EggRun	Per 100 g	Per portion (305.01 g)	% RI*
Energy	649.23 kJ / 155.28 kcal	1980.21 kJ / 473.60 kcal	23.57%
Fat	11.27 g	34.39 g	49.13%
Of which Saturates	3.30 g	10.06 g	50.30%
Carbohydrate	5.12 g	15.61 g	6.00%
Of which Sugars	4.70 g	14.34 g	15.93%
Protein	7.79 g	23.77 g	47.55%
Salt	0.50 g	1.52 g	25.26%
* Reference intake of an average adult (8 400 kJ / 2 000 kcal).			

EggRun Nutrition Facts

BURGERS

NEW YOLKER



EggRun	Per 100 g	Per portion (268.00 g)	% RI*
Energy	1111.64 kJ / 265.35 kcal	2979.20 kJ / 711.13 kcal	35.47%
Fat	18.55 g	49.72 g	71.03%
Of which Saturates	4.71 g	12.63 g	63.17%
Carbohydrate	15.61 g	41.85 g	16.09%
Of which Sugars	4.35 g	11.66 g	12.95%
Protein	9.92 g	26.60 g	53.20%
Salt	0.85 g	2.29 g	38.09%
 * Reference intake of an average adult (8 400 kJ / 2 000 kcal).			

BEYOND RUN



EggRun	Per 100 g	Per portion (288.00 g)	% RI*
Energy	955.95 kJ / 228.28 kcal	2753.15 kJ / 657.43 kcal	32.78%
Fat	16.71 g	48.13 g	68.76%
Of which Saturates	3.90 g	11.24 g	56.22%
Carbohydrate	12.11 g	34.89 g	13.42%
Of which Sugars	1.50 g	4.31 g	4.79%
Protein	8.36 g	24.06 g	48.13%
Salt	0.86 g	2.48 g	41.38%
 * Reference intake of an average adult (8 400 kJ / 2 000 kcal).			

TRUFFLE RUN



EggRun	Per 100 g	Per portion (229.60 g)	% RI*
Energy	1065.82 kJ / 254.54 kcal	2447.12 kJ / 584.42 kcal	29.13%
Fat	17.31 g	39.74 g	56.77%
Of which Saturates	4.95 g	11.36 g	56.80%
Carbohydrate	14.48 g	33.25 g	12.79%
Of which Sugars	2.22 g	5.10 g	5.67%
Protein	11.39 g	26.16 g	52.32%
Salt	0.73 g	1.67 g	27.82%
 * Reference intake of an average adult (8 400 kJ / 2 000 kcal).			

EggRun Nutrition Facts

SALADS

HEALTHY SEASONAL SALAD



EggRun	Per 100 g	Per portion (265.00 g)	% RI*
Energy	856.81 kJ / 205.32 kcal	2270.55 kJ / 544.10 kcal	27.03%
Fat	13.88 g	36.79 g	52.55%
Of which Saturates	3.16 g	8.38 g	41.93%
Carbohydrate	12.68 g	33.61 g	12.93%
Of which Sugars	10.00 g	26.51 g	29.46%
Protein	5.91 g	15.66 g	31.32%
Salt	0.20 g	0.54 g	9.04%
* Reference intake of an average adult (8 400 kJ / 2 000 kcal).			

RECOMMENDED DRESSING: HONEY & MUSTARD
Energy per portion: 1156.58 kJ / 280.35 kcal

EGGY CAESAR SALAD



EggRun	Per 100 g	Per portion (290.00 g)	% RI*
Energy	697.47 kJ / 167.46 kcal	2022.66 kJ / 485.64 kcal	24.08%
Fat	9.78 g	28.35 g	40.50%
Of which Saturates	3.16 g	9.17 g	45.87%
Carbohydrate	6.03 g	17.50 g	6.73%
Of which Sugars	1.02 g	2.97 g	3.30%
Protein	12.78 g	37.05 g	74.10%
Salt	0.35 g	1.00 g	16.73%
* Reference intake of an average adult (8 400 kJ / 2 000 kcal).			

RECOMMENDED DRESSING: CAESAR DRESSING
Energy per portion: 838.00 kJ / 203.50 kcal

COBB SALAD



EggRun	Per 100 g	Per portion (410.00 g)	% RI*
Energy	424.62 kJ / 102.21 kcal	1740.93 kJ / 419.06 kcal	20.73%
Fat	6.66 g	27.31 g	39.02%
Of which Saturates	2.55 g	10.47 g	52.34%
Carbohydrate	4.23 g	17.33 g	6.67%
Of which Sugars	1.46 g	5.99 g	6.66%
Protein	6.25 g	25.62 g	51.25%
Salt	0.36 g	1.49 g	24.89%
* Reference intake of an average adult (8 400 kJ / 2 000 kcal).			

RECOMMENDED DRESSING: BLUE CHEESE
Energy per portion: 866.00 kJ / 209.50 kcal