

Terriyaki Chicken maki

Total ingredient (raw) weight: 156.00 g
 Total (cooked) weight: 156.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	156.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	778 kJ	498 kJ
Protein	9.7 g	6.2 g
Fat, total	6.7 g	4.3 g
- saturated	1.5 g	0.9 g
Carbohydrate	27.9 g	17.9 g
- sugars	10.0 g	6.4 g
Sodium	559 mg	359 mg

Ingredient name: SUSHI RICE (C)

Amount: 100.00 g

Energy: 446 kJ **Fat, total:** 0.3 g **Carbohydrate:** 21.1 g **Sodium:** 4 mg
Protein: 3.6 g **Fat saturated:** 0.1 g **Sugars:** 4.1 g

Ingredient name: Seaweed, nori, dried
13A11361

Amount: 1.00 g

Energy: 1689 kJ **Fat, total:** 7.7 g **Carbohydrate:** 23.4 g **Sodium:** 1048 mg
Protein: 57.5 g **Fat saturated:** 2.6 g **Sugars:** 3.1 g

Ingredient name: Cucumber, common, unpeeled, raw
13A11092

Amount: 10.00 g

Energy: 52 kJ **Fat, total:** 0.1 g **Carbohydrate:** 1.2 g **Sodium:** 10 mg
Protein: 0.8 g **Fat saturated:** 0.0 g **Sugars:** 1.2 g

Ingredient name: Mayonnaise, reduced fat, commercial
10F20095

Amount: 10.00 g

Energy: 1204 kJ **Fat, total:** 21.2 g **Carbohydrate:** 23.2 g **Sodium:** 695 mg
Protein: 0.5 g **Fat saturated:** 2.8 g **Sugars:** 18.6 g

Ingredient name: sweet sushi sauce (C)

Amount: 10.00 g

Energy: 770 kJ **Fat, total:** 31.6 g **Carbohydrate:** 31.6 g **Sodium:** 3000 mg
Protein: 5.3 g **Fat saturated:** 7.9 g **Sugars:** 30.0 g

Ingredient name: teriyaki chicken (C)

Amount: 25.00 g

Energy: 449 kJ **Fat, total:** 4.1 g **Carbohydrate:** 3.8 g **Sodium:** 698 mg
Protein: 19.6 g **Fat saturated:** 1.1 g **Sugars:** 3.5 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

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