

Inari Lobster Salad

Total ingredient (raw) weight: 72.00 g
Total (cooked) weight: 72.00 g
Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	72.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	301 kJ	418 kJ
Protein	6.3 g	8.8 g
Fat, total	4.1 g	5.7 g
- saturated	0.6 g	0.8 g
Carbohydrate	11.3 g	15.7 g
- sugars	6.0 g	8.3 g
Sodium	239 mg	332 mg

Ingredient name: inari skin (C)

Amount: 12.00 g

Energy: 994 kJ **Fat, total:** 11.0 g **Carbohydrate:** 24.9 g **Sodium:** 610 mg
Protein: 10.3 g **Fat saturated:** 1.3 g **Sugars:** 23.1 g

Ingredient name: SUSHI RICE (C)

Amount: 30.00 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: Lobster Salad (C)

Amount: 30.00 g

Energy: 159 kJ **Fat, total:** 8.9 g **Carbohydrate:** 6.6 g **Sodium:** 548 mg
Protein: 13.3 g **Fat saturated:** 1.3 g **Sugars:** 6.6 g

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

Working values may differ from final NIP due to rounding.

Printed: 17:07 Wednesday, 12 September 2018