

# Temp Veg Nigiri

Total ingredient (raw) weight: 45.00 g  
 Total (cooked) weight: 45.00 g  
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	336 kJ	746 kJ
Protein	1.6 g	3.7 g
Fat, total	3.7 g	8.2 g
- saturated	0.7 g	1.6 g
Carbohydrate	12.6 g	27.9 g
- sugars	3.8 g	8.4 g
Sodium	226 mg	502 mg

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**Ingredient name:** SUSHI RICE (C)

**Amount:** 20.00 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

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**Ingredient name:** sweet sushi sauce (C)

**Amount:** 5.00 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

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**Ingredient name:** Mayonnaise, reduced fat, commercial  
10F20095

**Amount:** 5.00 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

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**Ingredient name:** tempura veggies (C)

**Amount:** 15.00 g

**Energy:** 984 kJ    **Fat, total:** 6.6 g    **Carbohydrate:** 37.4 g    **Sodium:** 268 mg  
**Protein:** 4.3 g    **Fat saturated:** 1.0 g    **Sugars:** 3.5 g

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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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