

# crispy chicken maki (2)

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	985 kJ	632 kJ
Protein	9.1 g	5.8 g
Fat, total	10.9 g	7.0 g
- saturated	2.1 g	1.4 g
Carbohydrate	23.9 g	15.3 g
- sugars	6.1 g	3.9 g
Sodium	196 mg	126 mg

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**Ingredient name:** chilli mayo (C)

**Amount:** 10.00 g

**Energy:** 1120 kJ    **Fat, total:** 19.4 g    **Carbohydrate:** 22.6 g    **Sodium:** 632 mg  
**Protein:** 0.6 g    **Fat saturated:** 2.6 g    **Sugars:** 17.8 g

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**Ingredient name:** Avocado, hass, raw  
13A11025

**Amount:** 20.00 g

**Energy:** 857 kJ    **Fat, total:** 21.2 g    **Carbohydrate:** 0.6 g    **Sodium:** 4 mg  
**Protein:** 2.0 g    **Fat saturated:** 5.1 g    **Sugars:** 0.6 g

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**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

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**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

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**Ingredient name:** crispy chicken (C)

**Amount:** 25.00 g

**Energy:** 956 kJ    **Fat, total:** 17.2 g    **Carbohydrate:** 0.8 g    **Sodium:** 471 mg  
**Protein:** 17.9 g    **Fat saturated:** 2.8 g    **Sugars:** 0.1 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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