

# combo bocx

Total ingredient (raw) weight: 315.00 g  
 Total (cooked) weight: 315.00 g  
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	315.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1570 kJ	500 kJ
Protein	15.9 g	5.0 g
Fat, total	9.8 g	3.1 g
- saturated	2.1 g	0.7 g
Carbohydrate	55.0 g	17.4 g
- sugars	13.6 g	4.3 g
Sodium	426 mg	135 mg

---

**Ingredient name:** teriyaki chicken (2) (C)

**Amount:** 55.00 g

**Energy:** 498 kJ    **Fat, total:** 4.3 g    **Carbohydrate:** 17.9 g    **Sodium:** 359 mg  
**Protein:** 6.2 g    **Fat saturated:** 0.9 g    **Sugars:** 6.4 g

---

**Ingredient name:** wakame maki (C)

**Amount:** 45.00 g

**Energy:** 395 kJ    **Fat, total:** 0.4 g    **Carbohydrate:** 17.3 g    **Sodium:** 150 mg  
**Protein:** 3.9 g    **Fat saturated:** 0.1 g    **Sugars:** 4.2 g

---

**Ingredient name:** tuna salad maki (C)

**Amount:** 55.00 g

**Energy:** 468 kJ    **Fat, total:** 1.6 g    **Carbohydrate:** 16.8 g    **Sodium:** 106 mg  
**Protein:** 6.4 g    **Fat saturated:** 0.3 g    **Sugars:** 4.0 g

---

**Ingredient name:** prawn maki (C)

**Amount:** 55.00 g

**Energy:** 559 kJ    **Fat, total:** 4.5 g    **Carbohydrate:** 18.5 g    **Sodium:** 57 mg  
**Protein:** 3.5 g    **Fat saturated:** 1.0 g    **Sugars:** 4.6 g

---

**Ingredient name:** avocado maki (C)

**Amount:** 55.00 g

**Energy:** 525 kJ    **Fat, total:** 3.9 g    **Carbohydrate:** 17.6 g    **Sodium:** 11 mg  
**Protein:** 3.7 g    **Fat saturated:** 1.0 g    **Sugars:** 3.5 g

---

**Ingredient name:** satay maki (C)

**Amount:** 50.00 g

**Energy:** 538 kJ    **Fat, total:** 3.6 g    **Carbohydrate:** 16.5 g    **Sodium:** 131 mg  
**Protein:** 6.5 g    **Fat saturated:** 0.6 g    **Sugars:** 3.1 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: 17:56 Wednesday, 12 September 2018