

Sandwich Temp Veg

Total ingredient (raw) weight: 153.00 g
 Total (cooked) weight: 153.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	153.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	839 kJ	548 kJ
Protein	5.9 g	3.8 g
Fat, total	3.8 g	2.5 g
- saturated	1.2 g	0.8 g
Carbohydrate	33.7 g	22.0 g
- sugars	7.1 g	4.6 g
Sodium	511 mg	334 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: Carrot, baby, peeled, raw
13A11424

Amount: 5.00 g

Energy: 141 kJ **Fat, total:** 0.1 g **Carbohydrate:** 5.5 g **Sodium:** 51 mg
Protein: 0.7 g **Fat saturated:** 0.0 g **Sugars:** 5.5 g

Ingredient name: Spinach, English, raw
13A11191

Amount: 2.00 g

Energy: 83 kJ **Fat, total:** 0.3 g **Carbohydrate:** 0.7 g **Sodium:** 23 mg
Protein: 2.6 g **Fat saturated:** 0.1 g **Sugars:** 0.7 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: miso sauce (C)

Amount: 10.00 g

Energy: 1163 kJ **Fat, total:** 17.3 g **Carbohydrate:** 25.8 g **Sodium:** 4255 mg
Protein: 4.4 g **Fat saturated:** 7.8 g **Sugars:** 16.8 g

Ingredient name: tempura veggies (C)

Amount: 25.00 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

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

Working values may differ from final NIP due to rounding.

Printed: 17:14 Wednesday, 12 September 2018