

Sandwich Tuna Salad

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	740 kJ	484 kJ
Protein	8.2 g	5.4 g
Fat, total	5.0 g	3.3 g
- saturated	1.2 g	0.8 g
Carbohydrate	23.0 g	15.0 g
- sugars	5.6 g	3.6 g
Sodium	121 mg	79 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: tuna salad (C)

Amount: 20.00 g

Energy: 673 kJ **Fat, total:** 7.2 g **Carbohydrate:** 5.8 g **Sodium:** 512 mg
Protein: 17.9 g **Fat saturated:** 1.3 g **Sugars:** 4.6 g

Ingredient name: Avocado, hass, raw
13A11025

Amount: 15.00 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

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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