

# prawn & avo maki

Total ingredient (raw) weight: 151.00 g  
 Total (cooked) weight: 151.00 g  
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	151.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	844 kJ	559 kJ
Protein	5.4 g	3.5 g
Fat, total	6.8 g	4.5 g
- saturated	1.4 g	1.0 g
Carbohydrate	28.0 g	18.5 g
- sugars	6.9 g	4.6 g
Sodium	86 mg	57 mg

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

**Amount:** 120.00 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:** Mayonnaise, reduced fat, commercial  
10F20095

**Amount:** 10.00 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:** 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:** 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

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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