

# satay chicken maki

Total ingredient (raw) weight: 141.00 g  
 Total (cooked) weight: 141.00 g  
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	141.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	758 kJ	538 kJ
Protein	9.1 g	6.5 g
Fat, total	5.1 g	3.6 g
- saturated	0.9 g	0.6 g
Carbohydrate	23.3 g	16.5 g
- sugars	4.4 g	3.1 g
Sodium	185 mg	131 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:** 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:** satay chicken (C)

**Amount:** 30.00 g

**Energy:** 967 kJ    **Fat, total:** 15.8 g    **Carbohydrate:** 6.1 g    **Sodium:** 564 mg  
**Protein:** 16.2 g    **Fat saturated:** 2.6 g    **Sugars:** 0.5 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: 12:59 Wednesday, 12 September 2018