

# Avocado Maki

Total ingredient (raw) weight: 146.00 g  
 Total (cooked) weight: 146.00 g  
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	146.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	766 kJ	525 kJ
Protein	5.4 g	3.7 g
Fat, total	5.7 g	3.9 g
- saturated	1.4 g	1.0 g
Carbohydrate	25.7 g	17.6 g
- sugars	5.1 g	3.5 g
Sodium	16 mg	11 mg

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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

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**Ingredient name:** Avocado, hass, raw  
13A11025

**Amount:** 25.00 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:** 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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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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