

Chicken Nigiri

Total ingredient (raw) weight: 45.00 g
 Total (cooked) weight: 45.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	255 kJ	567 kJ
Protein	4.0 g	8.8 g
Fat, total	3.3 g	7.4 g
- saturated	0.7 g	1.6 g
Carbohydrate	7.5 g	16.7 g
- sugars	3.8 g	8.4 g
Sodium	290 mg	645 mg

Ingredient name: SUSHI RICE (C)

Amount: 20.00 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: teriyaki chicken (C)

Amount: 15.00 g

Energy: 449 kJ **Fat, total:** 4.1 g **Carbohydrate:** 3.8 g **Sodium:** 698 mg
Protein: 19.6 g **Fat saturated:** 1.1 g **Sugars:** 3.5 g

Ingredient name: sweet sushi sauce (C)

Amount: 5.00 g

Energy: 770 kJ **Fat, total:** 31.6 g **Carbohydrate:** 31.6 g **Sodium:** 3000 mg
Protein: 5.3 g **Fat saturated:** 7.9 g **Sugars:** 30.0 g

Ingredient name: Mayonnaise, reduced fat, commercial
10F20095

Amount: 5.00 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

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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