

Veggie Box

Total ingredient (raw) weight: 435.00 g
 Total (cooked) weight: 435.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	435.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2870 kJ	660 kJ
Protein	23.1 g	5.3 g
Fat, total	21.9 g	5.0 g
- saturated	4.9 g	1.1 g
Carbohydrate	128.0 g	29.4 g
- sugars	18.0 g	4.1 g
Sodium	785 mg	180 mg

Ingredient name: wakame maki (C)

Amount: 45.00 g

Energy: 395 kJ **Fat, total:** 0.4 g **Carbohydrate:** 17.3 g **Sodium:** 150 mg
Protein: 3.9 g **Fat saturated:** 0.1 g **Sugars:** 4.2 g

Ingredient name: rice paper roll (C)

Amount: 150.00 g

Energy: 869 kJ **Fat, total:** 1.6 g **Carbohydrate:** 54.6 g **Sodium:** 65 mg
Protein: 7.6 g **Fat saturated:** 0.5 g **Sugars:** 1.5 g

Ingredient name: avocado maki (C)

Amount: 55.00 g

Energy: 525 kJ **Fat, total:** 3.9 g **Carbohydrate:** 17.6 g **Sodium:** 11 mg
Protein: 3.7 g **Fat saturated:** 1.0 g **Sugars:** 3.5 g

Ingredient name: tofu maki (C)

Amount: 85.00 g

Energy: 606 kJ **Fat, total:** 7.7 g **Carbohydrate:** 15.8 g **Sodium:** 233 mg
Protein: 5.3 g **Fat saturated:** 1.4 g **Sugars:** 5.3 g

Ingredient name: caterpillar (C)

Amount: 100.00 g

Energy: 585 kJ **Fat, total:** 10.6 g **Carbohydrate:** 15.0 g **Sodium:** 416 mg
Protein: 3.4 g **Fat saturated:** 2.4 g **Sugars:** 7.4 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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