

wakame maki

Total ingredient (raw) weight: 131.00 g
Total (cooked) weight: 131.00 g
Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	131.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	517 kJ	395 kJ
Protein	5.1 g	3.9 g
Fat, total	0.6 g	0.4 g
- saturated	0.2 g	0.1 g
Carbohydrate	22.7 g	17.3 g
- sugars	5.5 g	4.2 g
Sodium	196 mg	150 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, wakame, fresh, raw
13A11665**Amount:** 30.00 g

Energy: 181 kJ **Fat, total:** 0.6 g **Carbohydrate:** 4.6 g **Sodium:** 606 mg
Protein: 3.0 g **Fat saturated:** 0.1 g **Sugars:** 4.6 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

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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