

Sushi Plus Box

Total ingredient (raw) weight: 370.00 g
 Total (cooked) weight: 370.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	370.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2600 kJ	702 kJ
Protein	26.3 g	7.1 g
Fat, total	15.7 g	4.2 g
- saturated	4.8 g	1.3 g
Carbohydrate	115.0 g	31.1 g
- sugars	12.6 g	3.4 g
Sodium	652 mg	176 mg

Ingredient name: salmon inside out (C)

Amount: 70.00 g

Energy: 768 kJ **Fat, total:** 11.0 g **Carbohydrate:** 12.0 g **Sodium:** 223 mg
Protein: 8.4 g **Fat saturated:** 2.5 g **Sugars:** 4.9 g

Ingredient name: teriyaki chicken (2) (C)

Amount: 55.00 g

Energy: 498 kJ **Fat, total:** 4.3 g **Carbohydrate:** 17.9 g **Sodium:** 359 mg
Protein: 6.2 g **Fat saturated:** 0.9 g **Sugars:** 6.4 g

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: fresh salmon maki (C)

Amount: 50.00 g

Energy: 607 kJ **Fat, total:** 6.1 g **Carbohydrate:** 14.1 g **Sodium:** 266 mg
Protein: 7.7 g **Fat saturated:** 3.5 g **Sugars:** 3.1 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

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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