

# caterpillar

Total ingredient (raw) weight: 49.00 g  
 Total (cooked) weight: 49.00 g  
 Weight change: 0.00 %

| Nutrition Information |                              |                            |
|-----------------------|------------------------------|----------------------------|
| Servings per package: | 1.00                         |                            |
| Serving size:         | 49.00 g                      |                            |
|                       | Average Quantity per Serving | Average Quantity per 100 g |
| Energy                | 287 kJ                       | 585 kJ                     |
| Protein               | 1.7 g                        | 3.4 g                      |
| Fat, total            | 5.2 g                        | 10.6 g                     |
| - saturated           | 1.2 g                        | 2.4 g                      |
| Carbohydrate          | 7.3 g                        | 15.0 g                     |
| - sugars              | 3.6 g                        | 7.4 g                      |
| Sodium                | 204 mg                       | 416 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:** Avocado, hass, raw  
13A11025

**Amount:** 10.00 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

**Ingredient name:** Cucumber, common, unpeeled, raw  
13A11092

**Amount:** 5.00 g

**Energy:** 52 kJ    **Fat, total:** 0.1 g    **Carbohydrate:** 1.2 g    **Sodium:** 10 mg  
**Protein:** 0.8 g    **Fat saturated:** 0.0 g    **Sugars:** 1.2 g

**Ingredient name:** Egg Omelette (C)

**Amount:** 4.00 g

**Energy:** 264 kJ    **Fat, total:** 9.8 g    **Carbohydrate:** 6.4 g    **Sodium:** 440 mg  
**Protein:** 10.8 g    **Fat saturated:** 2.3 g    **Sugars:** 6.4 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

**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

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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