

Rice Paper Satay

Total ingredient (raw) weight: 137.00 g
 Total (cooked) weight: 137.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	137.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1290 kJ	942 kJ
Protein	10.6 g	7.8 g
Fat, total	7.2 g	5.2 g
- saturated	1.6 g	1.1 g
Carbohydrate	67.1 g	49.0 g
- sugars	4.8 g	3.5 g
Sodium	311 mg	227 mg

Ingredient name: Rice paper (C)

Amount: 27.00 g

Energy: 400 kJ **Fat, total:** 1.0 g **Carbohydrate:** 80.0 g **Sodium:** 30 mg
Protein: 10.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

Ingredient name: Rice vermicelli (C)

Amount: 50.00 g

Energy: 1460 kJ **Fat, total:** 0.5 g **Carbohydrate:** 77.1 g **Sodium:** 4 mg
Protein: 6.9 g **Fat saturated:** 0.5 g **Sugars:** 2.0 g

Ingredient name: Carrot, mature, peeled, raw
13A11065

Amount: 10.00 g

Energy: 138 kJ **Fat, total:** 0.1 g **Carbohydrate:** 5.0 g **Sodium:** 40 mg
Protein: 0.8 g **Fat saturated:** 0.0 g **Sugars:** 5.0 g

Ingredient name: Spinach, English, raw
13A11191

Amount: 5.00 g

Energy: 83 kJ **Fat, total:** 0.3 g **Carbohydrate:** 0.7 g **Sodium:** 23 mg
Protein: 2.6 g **Fat saturated:** 0.1 g **Sugars:** 0.7 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: satay chicken (C)

Amount: 20.00 g

Energy: 967 kJ **Fat, total:** 15.8 g **Carbohydrate:** 6.1 g **Sodium:** 564 mg
Protein: 16.2 g **Fat saturated:** 2.6 g **Sugars:** 0.5 g

Ingredient name: Sauce, satay, Asian, commercial
10A10389

Amount: 20.00 g

Energy: 1190 kJ **Fat, total:** 17.2 g **Carbohydrate:** 25.8 g **Sodium:** 913 mg
Protein: 4.9 g **Fat saturated:** 3.9 g **Sugars:** 15.3 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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