

Inari Wakame

Total ingredient (raw) weight: 72.00 g
 Total (cooked) weight: 72.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	72.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	307 kJ	427 kJ
Protein	3.2 g	4.5 g
Fat, total	1.6 g	2.2 g
- saturated	0.2 g	0.3 g
Carbohydrate	10.7 g	14.9 g
- sugars	5.4 g	7.5 g
Sodium	256 mg	356 mg

Ingredient name: inari skin (C)

Amount: 12.00 g

Energy: 994 kJ **Fat, total:** 11.0 g **Carbohydrate:** 24.9 g **Sodium:** 610 mg
Protein: 10.3 g **Fat saturated:** 1.3 g **Sugars:** 23.1 g

Ingredient name: SUSHI RICE (C)

Amount: 30.00 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

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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