

Rice Paper Satay

Total ingredient (raw) weight: 122.00 g
 Total (cooked) weight: 122.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	122.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1060 kJ	869 kJ
Protein	9.2 g	7.6 g
Fat, total	1.9 g	1.6 g
- saturated	0.6 g	0.5 g
Carbohydrate	66.6 g	54.6 g
- sugars	1.9 g	1.5 g
Sodium	79 mg	65 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: BREDED PRAWN (C)

Amount: 20.00 g

Energy: 794 kJ **Fat, total:** 1.4 g **Carbohydrate:** 29.3 g **Sodium:** 317 mg
Protein: 13.6 g **Fat saturated:** 0.3 g **Sugars:** 1.2 g

Ingredient name: Avocado, hass, raw
13A11025

Amount: 5.00 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: 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

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

Printed: 14:14 Wednesday, 12 September 2018