

TEMPURA PRAWN MAKI

Total ingredient (raw) weight: 203.00 g
 Total (cooked) weight: 203.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	203.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1330 kJ	653 kJ
Protein	14.4 g	7.1 g
Fat, total	7.8 g	3.8 g
- saturated	1.6 g	0.8 g
Carbohydrate	44.9 g	22.1 g
- sugars	7.0 g	3.4 g
Sodium	313 mg	154 mg

Ingredient name: SUSHI RICE (C)

Amount: 100.00 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: BREDED PRAWN (C)

Amount: 72.00 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: 20.00 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: Mayonnaise, reduced fat, commercial
10F20095

Amount: 10.00 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: Seaweed, nori, dried
13A11361

Amount: 1.00 g

Energy: 1689 kJ **Fat, total:** 7.7 g **Carbohydrate:** 23.4 g **Sodium:** 1048 mg
Protein: 57.5 g **Fat saturated:** 2.6 g **Sugars:** 3.1 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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