

Fresh Salmon & Avocado Maki

Total ingredient (raw) weight: 146.00 g
 Total (cooked) weight: 146.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	146.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	854 kJ	585 kJ
Protein	10.2 g	7.0 g
Fat, total	8.0 g	5.5 g
- saturated	2.0 g	1.4 g
Carbohydrate	21.4 g	14.7 g
- sugars	4.2 g	2.9 g
Sodium	26 mg	18 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: 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

Ingredient name: Salmon, raw, sashimi style, Japanese restaurant-style
05A10607

Amount: 25.00 g

Energy: 879 kJ **Fat, total:** 13.5 g **Carbohydrate:** 0.0 g **Sodium:** 42 mg
Protein: 22.3 g **Fat saturated:** 3.5 g **Sugars:** 0.0 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

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

Working values may differ from final NIP due to rounding.

Printed: 12:25 Wednesday, 12 September 2018