

Salmon box

Total ingredient (raw) weight: 289.00 g
Total (cooked) weight: 289.00 g
Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	289.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2090 kJ	723 kJ
Protein	31.7 g	11.0 g
Fat, total	28.2 g	9.8 g
- saturated	6.8 g	2.4 g
Carbohydrate	27.7 g	9.6 g
- sugars	9.7 g	3.4 g
Sodium	691 mg	239 mg

Ingredient name: salmon inside out (C)

Amount: 156.00 g

Energy: 768 kJ **Fat, total:** 11.0 g **Carbohydrate:** 12.0 g **Sodium:** 223 mg
Protein: 8.4 g **Fat saturated:** 2.5 g **Sugars:** 4.9 g

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

Amount: 45.00 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: Salmon Nigiri (C)

Amount: 88.00 g

Energy: 563 kJ **Fat, total:** 5.7 g **Carbohydrate:** 10.2 g **Sodium:** 368 mg
Protein: 9.7 g **Fat saturated:** 1.5 g **Sugars:** 2.3 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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