

Seafood Box

Total ingredient (raw) weight: 354.00 g
 Total (cooked) weight: 354.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	354.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1960 kJ	554 kJ
Protein	24.5 g	6.9 g
Fat, total	12.6 g	3.6 g
- saturated	4.2 g	1.2 g
Carbohydrate	59.0 g	16.7 g
- sugars	12.4 g	3.5 g
Sodium	596 mg	168 mg

Ingredient name: Salmon Nigiri (C)

Amount: 35.00 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

Ingredient name: Eel (C)

Amount: 8.00 g

Energy: 1344 kJ **Fat, total:** 24.0 g **Carbohydrate:** 3.0 g **Sodium:** 210 mg
Protein: 2.2 g **Fat saturated:** 7.0 g **Sugars:** 3.0 g

Ingredient name: SUSHI RICE (C)

Amount: 40.00 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: sushi prawn (C)

Amount: 5.00 g

Energy: 434 kJ **Fat, total:** 0.9 g **Carbohydrate:** 0.0 g **Sodium:** 739 mg
Protein: 23.6 g **Fat saturated:** 0.2 g **Sugars:** 0.0 g

Ingredient name: tempura prawn maki (C)

Amount: 70.00 g

Energy: 653 kJ **Fat, total:** 3.8 g **Carbohydrate:** 22.1 g **Sodium:** 154 mg
Protein: 7.1 g **Fat saturated:** 0.8 g **Sugars:** 3.4 g

Ingredient name: fresh salmon maki (C)

Amount: 60.00 g

Energy: 607 kJ **Fat, total:** 6.1 g **Carbohydrate:** 14.1 g **Sodium:** 266 mg
Protein: 7.7 g **Fat saturated:** 3.5 g **Sugars:** 3.1 g

Ingredient name: tuna salad maki (C)

Amount: 136.00 g

Energy: 468 kJ **Fat, total:** 1.6 g **Carbohydrate:** 16.8 g **Sodium:** 106 mg
Protein: 6.4 g **Fat saturated:** 0.3 g **Sugars:** 4.0 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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