

# Seared Salmon

Total ingredient (raw) weight: 44.00 g  
 Total (cooked) weight: 44.00 g  
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	44.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	248 kJ	563 kJ
Protein	4.3 g	9.7 g
Fat, total	2.5 g	5.7 g
- saturated	0.7 g	1.5 g
Carbohydrate	4.5 g	10.2 g
- sugars	1.0 g	2.3 g
Sodium	162 mg	368 mg

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**Ingredient name:** SUSHI RICE (C)

**Amount:** 20.00 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

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

**Amount:** 15.00 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

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**Ingredient name:** hot soy sauce (C)

**Amount:** 5.00 g

**Energy:** 158 kJ    **Fat, total:** 0.1 g    **Carbohydrate:** 4.1 g    **Sodium:** 3090 mg  
**Protein:** 2.7 g    **Fat saturated:** 0.0 g    **Sugars:** 3.0 g

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**Ingredient name:** Tomato, common, raw  
 13A11217

**Amount:** 2.00 g

**Energy:** 78 kJ    **Fat, total:** 0.1 g    **Carbohydrate:** 2.4 g    **Sodium:** 8 mg  
**Protein:** 1.0 g    **Fat saturated:** 0.0 g    **Sugars:** 2.3 g

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**Ingredient name:** Avocado, hass, raw  
 13A11025

**Amount:** 2.00 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.

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