

# tofu maki

Total ingredient (raw) weight: 171.00 g  
 Total (cooked) weight: 171.00 g  
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	171.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1040 kJ	606 kJ
Protein	9.0 g	5.3 g
Fat, total	13.2 g	7.7 g
- saturated	2.3 g	1.4 g
Carbohydrate	26.9 g	15.8 g
- sugars	9.1 g	5.3 g
Sodium	399 mg	233 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:** Tofu (soy bean curd), firm, as purchased  
13B20126

**Amount:** 35.00 g

**Energy:** 530 kJ    **Fat, total:** 7.3 g    **Carbohydrate:** 0.0 g    **Sodium:** 40 mg  
**Protein:** 12.0 g    **Fat saturated:** 1.0 g    **Sugars:** 0.0 g

**Ingredient name:** Oil, blend of polyunsaturated vegetable oils  
04C10072

**Amount:** 5.00 g

**Energy:** 3700 kJ    **Fat, total:** 100.0 g    **Carbohydrate:** 0.0 g    **Sodium:** 0 mg  
**Protein:** 0.0 g    **Fat saturated:** 15.2 g    **Sugars:** 0.0 g

**Ingredient name:** sweet sushi sauce (C)

**Amount:** 10.00 g

**Energy:** 770 kJ    **Fat, total:** 31.6 g    **Carbohydrate:** 31.6 g    **Sodium:** 3000 mg  
**Protein:** 5.3 g    **Fat saturated:** 7.9 g    **Sugars:** 30.0 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:** Cucumber, common, unpeeled, raw  
13A11092

**Amount:** 10.00 g

**Energy:** 52 kJ    **Fat, total:** 0.1 g    **Carbohydrate:** 1.2 g    **Sodium:** 10 mg  
**Protein:** 0.8 g    **Fat saturated:** 0.0 g    **Sugars:** 1.2 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: 13:18 Wednesday, 12 September 2018