

# Grilled Salmon In/Out

Total ingredient (raw) weight: 52.00 g  
 Total (cooked) weight: 52.00 g  
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	52.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	400 kJ	768 kJ
Protein	4.4 g	8.4 g
Fat, total	5.7 g	11.0 g
- saturated	1.3 g	2.5 g
Carbohydrate	6.2 g	12.0 g
- sugars	2.6 g	4.9 g
Sodium	116 mg	223 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, Atlantic, aquacultured, fillet, grilled, no added fat  
05A10382

**Amount:** 10.00 g

**Energy:** 905 kJ    **Fat, total:** 12.0 g    **Carbohydrate:** 0.0 g    **Sodium:** 49 mg  
**Protein:** 27.1 g    **Fat saturated:** 3.1 g    **Sugars:** 0.0 g

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

**Amount:** 15.00 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

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**Ingredient name:** chilli mayo (C)

**Amount:** 5.00 g

**Energy:** 1120 kJ    **Fat, total:** 19.4 g    **Carbohydrate:** 22.6 g    **Sodium:** 632 mg  
**Protein:** 0.6 g    **Fat saturated:** 2.6 g    **Sugars:** 17.8 g

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**Ingredient name:** sushi sprinkle (C)

**Amount:** 2.00 g

**Energy:** 1763 kJ    **Fat, total:** 15.2 g    **Carbohydrate:** 39.3 g    **Sodium:** 3900 mg  
**Protein:** 30.3 g    **Fat saturated:** 3.8 g    **Sugars:** 37.3 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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