

Smoked Salmon Maki

Total ingredient (raw) weight: 156.00 g
 Total (cooked) weight: 156.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	156.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	947 kJ	607 kJ
Protein	12.0 g	7.7 g
Fat, total	9.5 g	6.1 g
- saturated	5.4 g	3.5 g
Carbohydrate	22.0 g	14.1 g
- sugars	4.8 g	3.1 g
Sodium	415 mg	266 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: Salmon, smoked, sliced
05A10411

Amount: 25.00 g

Energy: 561 kJ **Fat, total:** 4.6 g **Carbohydrate:** 0.0 g **Sodium:** 1266 mg
Protein: 23.0 g **Fat saturated:** 0.9 g **Sugars:** 0.0 g

Ingredient name: Cheese, cream
09B10119

Amount: 25.00 g

Energy: 1367 kJ **Fat, total:** 31.9 g **Carbohydrate:** 2.5 g **Sodium:** 336 mg
Protein: 8.2 g **Fat saturated:** 20.4 g **Sugars:** 2.5 g

Ingredient name: Cucumber, common, unpeeled, raw
13A11092

Amount: 5.00 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.

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