

Country Pork Sausages

Total ingredient (raw) weight: 1115.00 g
 Total (cooked) weight: 1115.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	10.00	
Serving size:	115.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	804 kJ	699 kJ
Protein	18.4 g	15.9 g
Fat, total	12.9 g	11.2 g
- saturated	5.0 g	4.3 g
Carbohydrate	0.6 g	0.5 g
- sugars	0.4 g	0.4 g
Sodium	456 mg	396 mg

PALEO

Preservative and Additive FREE
 Gluten, Dairy, Egg, Soy, Nut FREE

Ingredient name: Pork, forequarter shoulder roast, as purchased, raw
 08A30349

Amount: 1.00 kg

Energy: 762 kJ **Fat, total:** 12.5 g **Carbohydrate:** 0.0 g **Sodium:** 69 mg
Protein: 17.6 g **Fat saturated:** 4.8 g **Sugars:** 0.0 g

Ingredient name: Onion, mature, brown skinned, peeled, raw
 13A11118

Amount: 50.00 g

Energy: 132 kJ **Fat, total:** 0.1 g **Carbohydrate:** 4.6 g **Sodium:** 11 mg
Protein: 1.7 g **Fat saturated:** 0.0 g **Sugars:** 4.6 g

Ingredient name: Fennel, bulb, raw
 13A11100

Amount: 50.00 g

Energy: 97 kJ **Fat, total:** 0.1 g **Carbohydrate:** 3.3 g **Sodium:** 38 mg
Protein: 1.0 g **Fat saturated:** 0.0 g **Sugars:** 3.3 g

Ingredient name: Salt, sea
 10F60065

Amount: 10.00 g

Energy: 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 37034 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

Ingredient name: Pepper, ground, black or white
 10E10080

Amount: 5.00 g

Energy: 1208 kJ **Fat, total:** 2.7 g **Carbohydrate:** 42.1 g **Sodium:** 25 mg
Protein: 10.7 g **Fat saturated:** 0.1 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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