

Lamb and Caramelised Onion 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	767 kJ	667 kJ
Protein	21.3 g	18.5 g
Fat, total	10.3 g	9.0 g
- saturated	4.1 g	3.6 g
Carbohydrate	1.0 g	0.9 g
- sugars	0.8 g	0.7 g
Sodium	435 mg	379 mg

PALEO

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

Ingredient name: Lamb, 90% chemical lean, raw
 08A20651

Amount: 1.00 kg

Energy: 716 kJ **Fat, total:** 10.0 g **Carbohydrate:** 0.0 g **Sodium:** 50 mg
Protein: 20.3 g **Fat saturated:** 4.0 g **Sugars:** 0.0 g

Ingredient name: Onion, mature, brown skinned, peeled, stir-fried, no added fat
 13A11575

Amount: 100.00 g

Energy: 213 kJ **Fat, total:** 0.2 g **Carbohydrate:** 7.5 g **Sodium:** 17 mg
Protein: 2.8 g **Fat saturated:** 0.0 g **Sugars:** 7.5 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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