

Lamb and Haloumi Kebabs

Total ingredient (raw) weight: 100.00 g
Total (cooked) weight: 90.00 g
Weight change: -10.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	180.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1390 kJ	775 kJ
Protein	42.6 g	23.7 g
Fat, total	17.5 g	9.7 g
- saturated	9.2 g	5.1 g
Carbohydrate	1.1 g	0.6 g
- sugars	1.1 g	0.6 g
Sodium	1810 mg	1010 mg

Ingredient name: Lamb, diced, separable lean, raw
08A20527

Amount: 70.00 g

Energy: 554 kJ **Fat, total:** 5.2 g **Carbohydrate:** 0.0 g **Sodium:** 53 mg
Protein: 21.3 g **Fat saturated:** 1.8 g **Sugars:** 0.0 g

Ingredient name: Cheese, haloumy
09B10124

Amount: 30.00 g

Energy: 1032 kJ **Fat, total:** 17.1 g **Carbohydrate:** 1.8 g **Sodium:** 2900 mg
Protein: 21.3 g **Fat saturated:** 11.1 g **Sugars:** 1.8 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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