

Beef 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	803 kJ	446 kJ
Protein	34.6 g	19.2 g
Fat, total	3.8 g	2.1 g
- saturated	1.3 g	0.7 g
Carbohydrate	3.2 g	1.8 g
- sugars	3.2 g	1.8 g
Sodium	51 mg	28 mg

Ingredient name: Beef, diced, fully-trimmed, raw
08A10835

Amount: 60.00 g

Energy: 588 kJ **Fat, total:** 3.1 g **Carbohydrate:** 0.0 g **Sodium:** 38 mg
Protein: 27.8 g **Fat saturated:** 1.1 g **Sugars:** 0.0 g

Ingredient name: Capsicum, red, raw
13A11060

Amount: 20.00 g

Energy: 111 kJ **Fat, total:** 0.2 g **Carbohydrate:** 3.5 g **Sodium:** 2 mg
Protein: 1.5 g **Fat saturated:** 0.0 g **Sugars:** 3.5 g

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

Amount: 20.00 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

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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