

Bacon Jam

Total ingredient (raw) weight: 8244.57 g
 Total (cooked) weight: 8244.57 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	100.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	722 kJ	722 kJ
Protein	16.9 g	16.9 g
Fat, total	8.4 g	8.4 g
- saturated	3.8 g	3.8 g
Carbohydrate	17.2 g	17.2 g
- sugars	14.3 g	14.3 g
Sodium	1190 mg	1190 mg

Ingredient name: Bacon, middle rasher, lean, grilled
08E30173

Amount: 4.00 kg

Energy: 999 kJ **Fat, total:** 11.3 g **Carbohydrate:** 0.9 g **Sodium:** 2300 mg
Protein: 33.2 g **Fat saturated:** 4.2 g **Sugars:** 0.9 g

Ingredient name: Water, tap
01B10176

Amount: 2.00 L **Specific gravity:** 1.00

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

Ingredient name: Garlic, peeled, raw
13A11102

Amount: 250.00 g

Energy: 526 kJ **Fat, total:** 2.8 g **Carbohydrate:** 10.2 g **Sodium:** 8 mg
Protein: 6.1 g **Fat saturated:** 0.7 g **Sugars:** 1.5 g

Ingredient name: Sugar, brown
12A10048

Amount: 400.00 g

Energy: 1649 kJ **Fat, total:** 0.0 g **Carbohydrate:** 96.8 g **Sodium:** 21 mg
Protein: 0.2 g **Fat saturated:** 0.0 g **Sugars:** 96.8 g

Ingredient name: Honey
12A10047

Amount: 500.00 ml **Specific gravity:** 1.43

Energy: 1400 kJ **Fat, total:** 0.0 g **Carbohydrate:** 82.1 g **Sodium:** 14 mg
Protein: 0.2 g **Fat saturated:** 0.0 g **Sugars:** 82.1 g

Ingredient name: Paprika, ground, all types
10E10028

Amount: 100.00 g

Energy: 1475 kJ **Fat, total:** 11.7 g **Carbohydrate:** 37.1 g **Sodium:** 27 mg
Protein: 14.4 g **Fat saturated:** 1.9 g **Sugars:** 25.7 g

Ingredient name: Coffee, instant, dry powder or granules
01B10168

Amount: 29.57 g

Energy: 628 kJ **Fat, total:** 0.6 g **Carbohydrate:** 10.1 g **Sodium:** 19 mg
Protein: 16.1 g **Fat saturated:** 0.2 g **Sugars:** 0.1 g

Ingredient name: Caramelized Onions (C)

Amount: 500.00 g

Energy: 3 kJ **Fat, total:** 45.1 g **Carbohydrate:** 46.6 g **Sodium:** 1121 mg
Protein: 6.1 g **Fat saturated:** 28.2 g **Sugars:** 23.0 g

Ingredient name: Malt Vinegar (C)

Amount: 250.00 g

Energy: 1 kJ **Fat, total:** 0.0 g **Carbohydrate:** 44.1 g **Sodium:** 35 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 11.1 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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