

# Beef & Vegetable Sausages

Total ingredient (raw) weight: 11786.00 g  
 Total (cooked) weight: 11758.89 g  
 Weight change: -0.23 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	100.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	983 kJ	983 kJ
Protein	20.1 g	20.1 g
Fat, total	17.0 g	17.0 g
- saturated	7.1 g	7.1 g
Carbohydrate	1.2 g	1.2 g
- sugars	0.4 g	0.4 g
Sodium	30 mg	30 mg

**Ingredient name:** Beef, 80% chemical lean, raw  
08A10932

**Amount:** 10.00 kg

**Energy:** 1136 kJ    **Fat, total:** 20.0 g    **Carbohydrate:** 0.0 g    **Sodium:** 34 mg  
**Protein:** 23.2 g    **Fat saturated:** 8.3 g    **Sugars:** 0.0 g

**Ingredient name:** Carrot, mature, peeled, raw  
13A11065

**Amount:** 146.00 g

**Energy:** 138 kJ    **Fat, total:** 0.1 g    **Carbohydrate:** 5.0 g    **Sodium:** 40 mg  
**Protein:** 0.8 g    **Fat saturated:** 0.0 g    **Sugars:** 5.0 g

**Ingredient name:** Zucchini, green skin, raw  
13A11230

**Amount:** 360.00 g

**Energy:** 63 kJ    **Fat, total:** 0.3 g    **Carbohydrate:** 1.6 g    **Sodium:** 1 mg  
**Protein:** 0.8 g    **Fat saturated:** 0.0 g    **Sugars:** 1.6 g

**Ingredient name:** Onion, Red (C)

**Amount:** 300.00 g

**Energy:** 64 kJ    **Fat, total:** 0.0 g    **Carbohydrate:** 11.0 g    **Sodium:** 6 mg  
**Protein:** 1.6 g    **Fat saturated:** 0.0 g    **Sugars:** 9.0 g

**Ingredient name:** Mushroom, common, raw  
13A11114

**Amount:** 800.00 g

**Energy:** 85 kJ    **Fat, total:** 0.3 g    **Carbohydrate:** 0.3 g    **Sodium:** 8 mg  
**Protein:** 3.3 g    **Fat saturated:** 0.0 g    **Sugars:** 0.3 g

**Ingredient name:** TAPIOCA STARCH (C)

**Amount:** 125.00 g

**Energy:** 473 kJ    **Fat, total:** 0.0 g    **Carbohydrate:** 77.8 g    **Sodium:** 0 mg  
**Protein:** 8.3 g    **Fat saturated:** 0.0 g    **Sugars:** 0.0 g

**Ingredient name:** Parsley, continental, raw  
13A11123

**Amount:** 55.00 g

**Energy:** 102 kJ    **Fat, total:** 0.2 g    **Carbohydrate:** 0.6 g    **Sodium:** 58 mg  
**Protein:** 2.4 g    **Fat saturated:** 0.0 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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