

Grill Master Meat Rub

Total ingredient (raw) weight: 365.00 g
 Total (cooked) weight: 365.00 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	1030 kJ	1030 kJ
Protein	11.8 g	11.8 g
Fat, total	7.3 g	7.3 g
- saturated	0.8 g	0.8 g
Carbohydrate	24.5 g	24.5 g
- sugars	8.6 g	8.6 g
Sodium	9930 mg	9930 mg

Ingredient name: Thyme, dried
10E10073

Amount: 60.00 g

Energy: 1151 kJ **Fat, total:** 6.0 g **Carbohydrate:** 29.1 g **Sodium:** 69 mg
Protein: 8.1 g **Fat saturated:** 1.1 g **Sugars:** 1.8 g

Ingredient name: Paprika, ground, all types
10E10028

Amount: 60.00 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: Basil, green, dried
13A11306

Amount: 30.00 g

Energy: 1079 kJ **Fat, total:** 5.5 g **Carbohydrate:** 15.5 g **Sodium:** 112 mg
Protein: 18.2 g **Fat saturated:** 1.0 g **Sugars:** 0.0 g

Ingredient name: Mustard powder, dry
10E10069

Amount: 30.00 g

Energy: 2254 kJ **Fat, total:** 39.5 g **Carbohydrate:** 17.2 g **Sodium:** 3 mg
Protein: 29.4 g **Fat saturated:** 2.0 g **Sugars:** 5.0 g

Ingredient name: Coriander, dried
13A11318

Amount: 30.00 g

Energy: 1304 kJ **Fat, total:** 5.4 g **Carbohydrate:** 28.5 g **Sodium:** 215 mg
Protein: 23.8 g **Fat saturated:** 0.9 g **Sugars:** 19.2 g

Ingredient name: Salt, cooking
10F60062

Amount: 95.00 g

Energy: 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 37980 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

Ingredient name: Pepper, ground, black or white
10E10080

Amount: 30.00 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

Ingredient name: Garlic, dried, powder or flakes
13A11377

Amount: 30.00 g

Energy: 1461 kJ **Fat, total:** 0.8 g **Carbohydrate:** 62.8 g **Sodium:** 26 mg
Protein: 16.8 g **Fat saturated:** 0.2 g **Sugars:** 24.3 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

Printed: 17:07 Tuesday, 2 April 2019