

Italian Marinade

Total ingredient (raw) weight: 122.17 g
 Total (cooked) weight: 122.17 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	1820 kJ	1820 kJ
Protein	2.0 g	2.0 g
Fat, total	44.5 g	44.5 g
- saturated	6.8 g	6.8 g
Carbohydrate	10.5 g	10.5 g
- sugars	6.4 g	6.4 g
Sodium	29 mg	29 mg

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

Amount: 10.00 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

Ingredient name: Parsley, dried
 13A11322

Amount: 0.54 g

Energy: 1130 kJ **Fat, total:** 6.3 g **Carbohydrate:** 11.7 g **Sodium:** 450 mg
Protein: 21.5 g **Fat saturated:** 0.3 g **Sugars:** 10.0 g

Ingredient name: Basil, green, dried
 13A11306

Amount: 1.40 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: Chilli powder
 10E10061

Amount: 2.00 g

Energy: 1451 kJ **Fat, total:** 16.8 g **Carbohydrate:** 20.5 g **Sodium:** 1010 mg
Protein: 12.3 g **Fat saturated:** 3.0 g **Sugars:** 10.1 g

Ingredient name: Oil, olive, pure
 04C10073

Amount: 59.14 ml **Specific gravity:** 0.91

Energy: 3700 kJ **Fat, total:** 100.0 g **Carbohydrate:** 0.0 g **Sodium:** 0 mg
Protein: 0.0 g **Fat saturated:** 15.3 g **Sugars:** 0.0 g

Ingredient name: Balsamic Vinegar (C)

Amount: 59.14 ml **Specific gravity:** 0.92

Energy: 56 kJ **Fat, total:** 0.0 g **Carbohydrate:** 10.8 g **Sodium:** 15 mg
Protein: 0.3 g **Fat saturated:** 0.0 g **Sugars:** 9.5 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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