

# Lamb Jerky

Total ingredient (raw) weight: 2220.00 g  
 Total (cooked) weight: 2220.00 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	529 kJ	529 kJ
Protein	19.6 g	19.6 g
Fat, total	5.3 g	5.3 g
- saturated	1.8 g	1.8 g
Carbohydrate	0.1 g	0.1 g
- sugars	0.0 g	0.0 g
Sodium	7040 mg	7040 mg

**Ingredient name:** Rosemary, Raw  
13A11400

**Amount:** 5.00 g

**Energy:** 498 kJ    **Fat, total:** 5.9 g    **Carbohydrate:** 6.6 g    **Sodium:** 26 mg  
**Protein:** 3.3 g    **Fat saturated:** 2.8 g    **Sugars:** 6.3 g

**Ingredient name:** Garlic, peeled, raw  
13A11102

**Amount:** 15.00 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:** Brine (C)

**Amount:** 200.00 g

**Energy:** 0 kJ    **Fat, total:** 0.0 g    **Carbohydrate:** 0.0 g    **Sodium:** 77516 mg  
**Protein:** 0.0 g    **Fat saturated:** 0.0 g    **Sugars:** 0.0 g

**Ingredient name:** Lamb, mini roast, fully-trimmed, raw  
08A20635

**Amount:** 2.00 kg

**Energy:** 582 kJ    **Fat, total:** 5.8 g    **Carbohydrate:** 0.0 g    **Sodium:** 62 mg  
**Protein:** 21.7 g    **Fat saturated:** 2.0 g    **Sugars:** 0.0 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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