

# Lamb Scrolls

Total ingredient (raw) weight: 4335.00 g  
 Total (cooked) weight: 4321.00 g  
 Weight change: -0.32 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	100.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	685 kJ	685 kJ
Protein	18.4 g	18.4 g
Fat, total	7.0 g	7.0 g
- saturated	2.1 g	2.1 g
Carbohydrate	5.2 g	5.2 g
- sugars	4.0 g	4.0 g
Sodium	59 mg	59 mg

**Ingredient name:** Lamb, mince, raw  
08A20602

**Amount:** 3.50 kg

**Energy:** 602 kJ    **Fat, total:** 6.9 g    **Carbohydrate:** 0.0 g    **Sodium:** 57 mg  
**Protein:** 20.4 g    **Fat saturated:** 2.3 g    **Sugars:** 0.0 g

**Ingredient name:** Tomato, sun-dried, in canola oil  
13A11220

**Amount:** 500.00 g

**Energy:** 1153 kJ    **Fat, total:** 4.6 g    **Carbohydrate:** 35.2 g    **Sodium:** 73 mg  
**Protein:** 11.2 g    **Fat saturated:** 0.3 g    **Sugars:** 33.9 g

**Ingredient name:** Cumin (cummin) seeds, dried, ground  
10E10065

**Amount:** 35.00 g

**Energy:** 1918 kJ    **Fat, total:** 25.8 g    **Carbohydrate:** 33.3 g    **Sodium:** 119 mg  
**Protein:** 18.4 g    **Fat saturated:** 1.3 g    **Sugars:** 2.3 g

**Ingredient name:** Cheese, ricotta  
09B20058

**Amount:** 100.00 g

**Energy:** 497 kJ    **Fat, total:** 8.0 g    **Carbohydrate:** 3.2 g    **Sodium:** 120 mg  
**Protein:** 8.6 g    **Fat saturated:** 5.1 g    **Sugars:** 3.2 g

**Ingredient name:** Spinach, English, raw  
13A11191

**Amount:** 100.00 g

**Energy:** 83 kJ    **Fat, total:** 0.3 g    **Carbohydrate:** 0.7 g    **Sodium:** 23 mg  
**Protein:** 2.6 g    **Fat saturated:** 0.1 g    **Sugars:** 0.7 g

**Ingredient name:** Pastry, puff, canola oil, raw, commercial  
02E40025

**Amount:** 100.00 g

**Energy:** 1527 kJ    **Fat, total:** 22.3 g    **Carbohydrate:** 35.2 g    **Sodium:** 1 mg  
**Protein:** 5.5 g    **Fat saturated:** 1.6 g    **Sugars:** 0.9 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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