

# Lemon & Thyme Marinade

Total ingredient (raw) weight: 113.00 g  
 Total (cooked) weight: 113.00 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	1720 kJ	1720 kJ
Protein	2.2 g	2.2 g
Fat, total	40.7 g	40.7 g
- saturated	6.2 g	6.2 g
Carbohydrate	9.0 g	9.0 g
- sugars	4.4 g	4.4 g
Sodium	7 mg	7 mg

**Ingredient name:** Juice, lemon  
01B30168

**Amount:** 50.00 ml **Specific gravity:** 1.05

**Energy:** 97 kJ **Fat, total:** 0.2 g **Carbohydrate:** 4.6 g **Sodium:** 3 mg  
**Protein:** 0.7 g **Fat saturated:** 0.0 g **Sugars:** 4.6 g

**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:** Thyme, dried  
10E10073

**Amount:** 5.00 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:** Oil, olive, pure  
04C10073

**Amount:** 50.00 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

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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