

Louisiana Creole Jerky

Total ingredient (raw) weight: 2625.00 g
 Total (cooked) weight: 2625.00 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	509 kJ	509 kJ
Protein	19.7 g	19.7 g
Fat, total	3.5 g	3.5 g
- saturated	1.2 g	1.2 g
Carbohydrate	2.2 g	2.2 g
- sugars	0.9 g	0.9 g
Sodium	6350 mg	6350 mg

Ingredient name: Paprika, ground, all types
10E10028

Amount: 35.00 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: Salt, cooking
10F60062

Amount: 28.00 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: Garlic, dried, powder or flakes
13A11377

Amount: 28.00 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: Pepper, ground, black or white
10E10080

Amount: 28.00 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: Onion, dried
13A11382

Amount: 14.00 g

Energy: 1061 kJ **Fat, total:** 0.8 g **Carbohydrate:** 37.2 g **Sodium:** 89 mg
Protein: 13.7 g **Fat saturated:** 0.2 g **Sugars:** 37.2 g

Ingredient name: Oregano, dried
10E10071

Amount: 14.00 g

Energy: 1039 kJ **Fat, total:** 2.7 g **Carbohydrate:** 25.5 g **Sodium:** 44 mg
Protein: 4.2 g **Fat saturated:** 0.5 g **Sugars:** 13.8 g

Ingredient name: Thyme, dried
10E10073

Amount: 14.00 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: Beef, topside roast, fully-trimmed, raw
08A10827

Amount: 2.25 kg

Energy: 518 kJ **Fat, total:** 3.8 g **Carbohydrate:** 0.0 g **Sodium:** 44 mg
Protein: 22.2 g **Fat saturated:** 1.4 g **Sugars:** 0.0 g

Ingredient name: Cayenne Pepper (C)

Amount: 14.00 g

Energy: 0 kJ **Fat, total:** 2.4 g **Carbohydrate:** 7.9 g **Sodium:** 4 mg
Protein: 1.6 g **Fat saturated:** 0.5 g **Sugars:** 1.3 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		

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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