

# Nan's Jerky

Total ingredient (raw) weight: 2538.00 g  
 Total (cooked) weight: 2538.00 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	547 kJ	547 kJ
Protein	17.7 g	17.7 g
Fat, total	3.0 g	3.0 g
- saturated	1.1 g	1.1 g
Carbohydrate	7.9 g	7.9 g
- sugars	7.7 g	7.7 g
Sodium	6220 mg	6220 mg

**Ingredient name:** Sugar, brown  
12A10048

**Amount:** 160.00 g

**Energy:** 1649 kJ    **Fat, total:** 0.0 g    **Carbohydrate:** 96.8 g    **Sodium:** 21 mg  
**Protein:** 0.2 g    **Fat saturated:** 0.0 g    **Sugars:** 96.8 g

**Ingredient name:** Sauce, soy, commercial  
10A10319

**Amount:** 8.00 g

**Energy:** 164 kJ    **Fat, total:** 0.0 g    **Carbohydrate:** 2.7 g    **Sodium:** 6555 mg  
**Protein:** 5.4 g    **Fat saturated:** 0.0 g    **Sugars:** 1.7 g

**Ingredient name:** Sauce, tomato, commercial  
10A10323

**Amount:** 160.00 g

**Energy:** 460 kJ    **Fat, total:** 0.2 g    **Carbohydrate:** 24.3 g    **Sodium:** 938 mg  
**Protein:** 1.2 g    **Fat saturated:** 0.1 g    **Sugars:** 23.3 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:** 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:** Beef, topside roast, fully-trimmed, raw  
08A10827

**Amount:** 2.00 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

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

Printed: 13:23 Thursday, 25 April 2019