

Outback Tomato Chutney

Total ingredient (raw) weight: 7150.00 g
 Total (cooked) weight: 7150.00 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	631 kJ	631 kJ
Protein	1.2 g	1.2 g
Fat, total	1.8 g	1.8 g
- saturated	0.2 g	0.2 g
Carbohydrate	30.5 g	30.5 g
- sugars	29.9 g	29.9 g
Sodium	7 mg	7 mg

Ingredient name: Tomato, canned in tomato juice, no added salt
 13A10517

Amount: 800.00 g

Energy: 83 kJ **Fat, total:** 0.2 g **Carbohydrate:** 3.1 g **Sodium:** 15 mg
Protein: 0.8 g **Fat saturated:** 0.0 g **Sugars:** 3.1 g

Ingredient name: Vinegar
 10F20063

Amount: 2.00 L **Specific gravity:** 1.01

Energy: 57 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 5 mg
Protein: 0.1 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

Ingredient name: Sugar, white, granulated or lump
 12A10050

Amount: 2.00 kg

Energy: 1700 kJ **Fat, total:** 0.0 g **Carbohydrate:** 100.0 g **Sodium:** 0 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 100.0 g

Ingredient name: Onion, mature, white skinned, peeled, raw
 13A11119

Amount: 2.00 kg

Energy: 137 kJ **Fat, total:** 0.1 g **Carbohydrate:** 4.8 g **Sodium:** 14 mg
Protein: 1.7 g **Fat saturated:** 0.0 g **Sugars:** 4.8 g

Ingredient name: Mustard powder, dry
 10E10069

Amount: 150.00 g

Energy: 2254 kJ **Fat, total:** 39.5 g **Carbohydrate:** 17.2 g **Sodium:** 3 mg
Protein: 29.4 g **Fat saturated:** 2.0 g **Sugars:** 5.0 g

Ingredient name: Roasted Capsicum Strips (C)

Amount: 180.00 g

Energy: 1752 kJ **Fat, total:** 37.2 g **Carbohydrate:** 19.8 g **Sodium:** 5 mg
Protein: 1.2 g **Fat saturated:** 6.0 g **Sugars:** 5.4 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: 12:44 Thursday, 4 April 2019