

Pork & Maple Sausages

Total ingredient (raw) weight: 5287.00 g
 Total (cooked) weight: 5264.00 g
 Weight change: -0.44 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	100.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	769 kJ	769 kJ
Protein	16.8 g	16.8 g
Fat, total	11.9 g	11.9 g
- saturated	4.6 g	4.6 g
Carbohydrate	2.4 g	2.4 g
- sugars	2.3 g	2.3 g
Sodium	428 mg	428 mg

Ingredient name: Pork, forequarter shoulder roast, as purchased, raw
 08A30349

Amount: 5.00 kg

Energy: 762 kJ **Fat, total:** 12.5 g **Carbohydrate:** 0.0 g **Sodium:** 69 mg
Protein: 17.6 g **Fat saturated:** 4.8 g **Sugars:** 0.0 g

Ingredient name: Syrup, maple, pure
 12A10053

Amount: 150.00 ml **Specific gravity:** 1.33

Energy: 1019 kJ **Fat, total:** 0.2 g **Carbohydrate:** 59.5 g **Sodium:** 9 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 59.5 g

Ingredient name: Salt, cooking
 10F60062

Amount: 50.00 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: Pepper, ground, black or white
 10E10080

Amount: 6.25 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: Nutmeg, ground
 10E10070

Amount: 6.25 g

Energy: 2134 kJ **Fat, total:** 37.6 g **Carbohydrate:** 27.5 g **Sodium:** 42 mg
Protein: 6.4 g **Fat saturated:** 1.9 g **Sugars:** 14.9 g

Ingredient name: Parsley, dried
 13A11322

Amount: 10.00 g

Energy: 1130 kJ **Fat, total:** 6.3 g **Carbohydrate:** 11.7 g **Sodium:** 450 mg
Protein: 21.5 g **Fat saturated:** 0.3 g **Sugars:** 10.0 g

Ingredient name: Sage (C)

Amount: 15.00 g

Energy: 198 kJ **Fat, total:** 2.3 g **Carbohydrate:** 9.0 g **Sodium:** 2 mg
Protein: 1.5 g **Fat saturated:** 0.8 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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