

Pork Stuffing

Total ingredient (raw) weight: 637.00 g
 Total (cooked) weight: 637.00 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	651 kJ	651 kJ
Protein	15.5 g	15.5 g
Fat, total	7.8 g	7.8 g
- saturated	2.9 g	2.9 g
Carbohydrate	4.9 g	4.9 g
- sugars	3.5 g	3.5 g
Sodium	228 mg	228 mg

Ingredient name: Cheese, cottage, creamed, unflavoured
09B20053

Amount: 500.00 g

Energy: 505 kJ **Fat, total:** 5.7 g **Carbohydrate:** 1.9 g **Sodium:** 277 mg
Protein: 15.4 g **Fat saturated:** 3.5 g **Sugars:** 1.9 g

Ingredient name: Onion, dried
13A11382

Amount: 25.00 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: Parsley, dried
13A11322

Amount: 5.00 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: Thyme, dried
10E10073

Amount: 6.00 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: Basil, green, dried
13A11306

Amount: 6.00 g

Energy: 1079 kJ **Fat, total:** 5.5 g **Carbohydrate:** 15.5 g **Sodium:** 112 mg
Protein: 18.2 g **Fat saturated:** 1.0 g **Sugars:** 0.0 g

Ingredient name: Spinach, English, raw
13A11191

Amount: 45.00 g

Energy: 83 kJ **Fat, total:** 0.3 g **Carbohydrate:** 0.7 g **Sodium:** 23 mg
Protein: 2.6 g **Fat saturated:** 0.1 g **Sugars:** 0.7 g

Ingredient name: Mustard powder, dry
10E10069

Amount: 50.00 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

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

Working values may differ from final NIP due to rounding.

Printed: 20:41 Wednesday, 24 April 2019