

Pulled Pork Parcels

Total ingredient (raw) weight: 5007.00 g
 Total (cooked) weight: 5007.00 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	1410 kJ	1410 kJ
Protein	10.2 g	10.2 g
Fat, total	33.1 g	33.1 g
- saturated	12.4 g	12.4 g
Carbohydrate	0.6 g	0.6 g
- sugars	0.5 g	0.5 g
Sodium	200 mg	200 mg

Ingredient name: Pork, 60% chemical lean, raw
08A30478

Amount: 4.00 kg

Energy: 1694 kJ **Fat, total:** 40.0 g **Carbohydrate:** 0.0 g **Sodium:** 50 mg
Protein: 12.6 g **Fat saturated:** 15.3 g **Sugars:** 0.0 g

Ingredient name: Salt, cooking
10F60062

Amount: 20.00 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: 10.00 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: Oil, olive, pure
04C10073

Amount: 59.15 ml **Specific gravity:** 0.91

Energy: 3700 kJ **Fat, total:** 100.0 g **Carbohydrate:** 0.0 g **Sodium:** 0 mg
Protein: 0.0 g **Fat saturated:** 15.3 g **Sugars:** 0.0 g

Ingredient name: Onion, mature, brown skinned, peeled, raw
13A11118

Amount: 220.00 g

Energy: 132 kJ **Fat, total:** 0.1 g **Carbohydrate:** 4.6 g **Sodium:** 11 mg
Protein: 1.7 g **Fat saturated:** 0.0 g **Sugars:** 4.6 g

Ingredient name: Garlic, peeled, raw
13A11102

Amount: 16.80 g

Energy: 526 kJ **Fat, total:** 2.8 g **Carbohydrate:** 10.2 g **Sodium:** 8 mg
Protein: 6.1 g **Fat saturated:** 0.7 g **Sugars:** 1.5 g

Ingredient name: Tomato paste, no added salt
13A11265

Amount: 56.70 g

Energy: 296 kJ **Fat, total:** 0.3 g **Carbohydrate:** 10.4 g **Sodium:** 54 mg
Protein: 3.1 g **Fat saturated:** 0.1 g **Sugars:** 9.9 g

Ingredient name: Chillies, dried, ground
10E10060

Amount: 4.20 g

Energy: 1583 kJ **Fat, total:** 16.8 g **Carbohydrate:** 29.6 g **Sodium:** 34 mg
Protein: 14.1 g **Fat saturated:** 3.0 g **Sugars:** 10.4 g

Ingredient name: Water, tap
01B10176

Amount: 500.00 ml **Specific gravity:** 1.00

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

Ingredient name: Apple Cider Vinegar (3) (C)

Amount: 89.40 g

Energy:	88 kJ	Fat, total:	0.0 g	Carbohydrate:	0.9 g	Sodium:	5 mg
Protein:	0.0 g	Fat saturated:	0.0 g	Sugars:	0.4 g		

Ingredient name: Sauce, worcestershire, commercial
10A10328

Amount: 29.57 ml **Specific gravity:** 1.22

Energy:	328 kJ	Fat, total:	0.2 g	Carbohydrate:	17.6 g	Sodium:	1060 mg
Protein:	1.3 g	Fat saturated:	0.0 g	Sugars:	16.9 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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