

# Salt & Pepper Jerky

Total ingredient (raw) weight: 2752.00 g  
 Total (cooked) weight: 2752.00 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	437 kJ	437 kJ
Protein	17.9 g	17.9 g
Fat, total	3.1 g	3.1 g
- saturated	1.1 g	1.1 g
Carbohydrate	0.6 g	0.6 g
- sugars	0.1 g	0.1 g
Sodium	9120 mg	9120 mg

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**Ingredient name:** Brine (2) (C)

**Amount:** 250.00 g

**Energy:** 0 kJ    **Fat, total:** 0.0 g    **Carbohydrate:** 0.0 g    **Sodium:** 96895 mg  
**Protein:** 0.0 g    **Fat saturated:** 0.0 g    **Sugars:** 0.0 g

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**Ingredient name:** Beef, topside roast, fully-trimmed, raw  
08A10827

**Amount:** 2.20 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

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**Ingredient name:** Pepper, ground, black or white  
10E10080

**Amount:** 30.00 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

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**Ingredient name:** Juice, lime  
01B30169

**Amount:** 240.00 ml    **Specific gravity:** 1.05

**Energy:** 107 kJ    **Fat, total:** 0.2 g    **Carbohydrate:** 1.2 g    **Sodium:** 3 mg  
**Protein:** 0.8 g    **Fat saturated:** 0.0 g    **Sugars:** 1.2 g

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**Ingredient name:** Salt, rock  
10F60064

**Amount:** 20.00 g

**Energy:** 0 kJ    **Fat, total:** 0.0 g    **Carbohydrate:** 0.0 g    **Sodium:** 38177 mg  
**Protein:** 0.0 g    **Fat saturated:** 0.0 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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