

# Sticky Pork Fillet Jerky

Total ingredient (raw) weight: 3062.62 g  
 Total (cooked) weight: 3062.62 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	1430 kJ	1430 kJ
Protein	9.7 g	9.7 g
Fat, total	28.8 g	28.8 g
- saturated	11.0 g	11.0 g
Carbohydrate	11.4 g	11.4 g
- sugars	11.2 g	11.2 g
Sodium	645 mg	645 mg

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<b>Ingredient name:</b> Sauce, tomato, commercial 10A10323					
	<b>Amount:</b> 236.59 ml	<b>Specific gravity:</b> 1.04			
<b>Energy:</b>	460 kJ	<b>Fat, total:</b>	0.2 g	<b>Carbohydrate:</b>	24.3 g
<b>Protein:</b>	1.2 g	<b>Fat saturated:</b>	0.1 g	<b>Sugars:</b>	23.3 g
				<b>Sodium:</b>	938 mg

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<b>Ingredient name:</b> Honey 12A10047					
	<b>Amount:</b> 236.59 ml	<b>Specific gravity:</b> 1.43			
<b>Energy:</b>	1400 kJ	<b>Fat, total:</b>	0.0 g	<b>Carbohydrate:</b>	82.1 g
<b>Protein:</b>	0.2 g	<b>Fat saturated:</b>	0.0 g	<b>Sugars:</b>	82.1 g
				<b>Sodium:</b>	14 mg

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<b>Ingredient name:</b> Sauce, soy, commercial 10A10319					
	<b>Amount:</b> 236.59 ml	<b>Specific gravity:</b> 1.05			
<b>Energy:</b>	164 kJ	<b>Fat, total:</b>	0.0 g	<b>Carbohydrate:</b>	2.7 g
<b>Protein:</b>	5.4 g	<b>Fat saturated:</b>	0.0 g	<b>Sugars:</b>	1.7 g
				<b>Sodium:</b>	6555 mg

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<b>Ingredient name:</b> Garlic, dried, powder or flakes 13A11377					
	<b>Amount:</b> 8.52 g				
<b>Energy:</b>	1461 kJ	<b>Fat, total:</b>	0.8 g	<b>Carbohydrate:</b>	62.8 g
<b>Protein:</b>	16.8 g	<b>Fat saturated:</b>	0.2 g	<b>Sugars:</b>	24.3 g
				<b>Sodium:</b>	26 mg

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<b>Ingredient name:</b> Chilli (chili), red, raw 13A11084					
	<b>Amount:</b> 4.26 g				
<b>Energy:</b>	206 kJ	<b>Fat, total:</b>	0.4 g	<b>Carbohydrate:</b>	4.2 g
<b>Protein:</b>	1.4 g	<b>Fat saturated:</b>	0.1 g	<b>Sugars:</b>	4.2 g
				<b>Sodium:</b>	3 mg

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<b>Ingredient name:</b> Chinese Five Spices (C) 13A11084					
	<b>Amount:</b> 17.04 g				
<b>Energy:</b>	0 kJ	<b>Fat, total:</b>	0.0 g	<b>Carbohydrate:</b>	1.0 g
<b>Protein:</b>	0.0 g	<b>Fat saturated:</b>	0.0 g	<b>Sugars:</b>	1.0 g
				<b>Sodium:</b>	0 mg

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<b>Ingredient name:</b> Pork, 60% chemical lean, raw 08A30478					
	<b>Amount:</b> 2.20 kg				
<b>Energy:</b>	1694 kJ	<b>Fat, total:</b>	40.0 g	<b>Carbohydrate:</b>	0.0 g
<b>Protein:</b>	12.6 g	<b>Fat saturated:</b>	15.3 g	<b>Sugars:</b>	0.0 g
				<b>Sodium:</b>	50 mg

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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