

Sweet Mustard Pickles

Total ingredient (raw) weight: 10118.10 g
 Total (cooked) weight: 10118.10 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	344 kJ	344 kJ
Protein	0.9 g	0.9 g
Fat, total	0.3 g	0.3 g
- saturated	0.0 g	0.0 g
Carbohydrate	12.2 g	12.2 g
- sugars	9.2 g	9.2 g
Sodium	39 mg	39 mg

Ingredient name: Cauliflower, raw
13A11073

Amount: 3.00 kg

Energy: 101 kJ **Fat, total:** 0.2 g **Carbohydrate:** 1.9 g **Sodium:** 31 mg
Protein: 2.1 g **Fat saturated:** 0.0 g **Sugars:** 1.9 g

Ingredient name: Cucumber, common, unpeeled, raw
13A11092

Amount: 804.00 g

Energy: 52 kJ **Fat, total:** 0.1 g **Carbohydrate:** 1.2 g **Sodium:** 10 mg
Protein: 0.8 g **Fat saturated:** 0.0 g **Sugars:** 1.2 g

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

Amount: 228.00 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: Sugar, white, granulated or lump
12A10050

Amount: 600.00 g

Energy: 1700 kJ **Fat, total:** 0.0 g **Carbohydrate:** 100.0 g **Sodium:** 0 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 100.0 g

Ingredient name: Mustard powder, dry
10E10069

Amount: 38.40 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

Ingredient name: Curry powder, condiment
10E10066

Amount: 19.20 g

Energy: 1469 kJ **Fat, total:** 13.8 g **Carbohydrate:** 30.9 g **Sodium:** 52 mg
Protein: 12.7 g **Fat saturated:** 0.7 g **Sugars:** 10.2 g

Ingredient name: Turmeric, ground
10E10074

Amount: 28.50 g

Energy: 1405 kJ **Fat, total:** 8.6 g **Carbohydrate:** 46.3 g **Sodium:** 48 mg
Protein: 7.7 g **Fat saturated:** 1.5 g **Sugars:** 25.1 g

Ingredient name: Water, tap
01B10176

Amount: 3.00 L **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 (2) (C)

Amount: 2.00 L **Specific gravity:** 1.20

Energy: 803 kJ **Fat, total:** 0.0 g **Carbohydrate:** 22.1 g **Sodium:** 120 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 10.0 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: 13:47 Wednesday, 24 April 2019