

Teriyaki Marinade

Total ingredient (raw) weight: 731.98 g
 Total (cooked) weight: 731.98 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	1230 kJ	1230 kJ
Protein	2.8 g	2.8 g
Fat, total	11.3 g	11.3 g
- saturated	1.7 g	1.7 g
Carbohydrate	43.8 g	43.8 g
- sugars	39.0 g	39.0 g
Sodium	2230 mg	2230 mg

Ingredient name: Sauce, soy, commercial
10A10319

Amount: 236.59 ml **Specific gravity:** 1.05

Energy: 164 kJ **Fat, total:** 0.0 g **Carbohydrate:** 2.7 g **Sodium:** 6555 mg
Protein: 5.4 g **Fat saturated:** 0.0 g **Sugars:** 1.7 g

Ingredient name: Honey
12A10047

Amount: 236.59 ml **Specific gravity:** 1.43

Energy: 1400 kJ **Fat, total:** 0.0 g **Carbohydrate:** 82.1 g **Sodium:** 14 mg
Protein: 0.2 g **Fat saturated:** 0.0 g **Sugars:** 82.1 g

Ingredient name: Oil, olive, pure
04C10073

Amount: 88.72 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: Ginger, dried, ground
10E10067

Amount: 42.00 g

Energy: 1419 kJ **Fat, total:** 4.6 g **Carbohydrate:** 58.6 g **Sodium:** 51 mg
Protein: 8.5 g **Fat saturated:** 0.8 g **Sugars:** 0.9 g

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

Amount: 11.25 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: Garlic, dried, powder or flakes
13A11377

Amount: 11.25 g

Energy: 1461 kJ **Fat, total:** 0.8 g **Carbohydrate:** 62.8 g **Sodium:** 26 mg
Protein: 16.8 g **Fat saturated:** 0.2 g **Sugars:** 24.3 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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