

Teriyaki Meat Rub

Total ingredient (raw) weight: 200.00 g
 Total (cooked) weight: 200.00 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	1260 kJ	1260 kJ
Protein	7.1 g	7.1 g
Fat, total	1.4 g	1.4 g
- saturated	0.3 g	0.3 g
Carbohydrate	61.5 g	61.5 g
- sugars	37.3 g	37.3 g
Sodium	844 mg	844 mg

Ingredient name: Ginger, dried, ground
10E10067

Amount: 50.00 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: Garlic, dried, powder or flakes
13A11377

Amount: 50.00 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

Ingredient name: Honey
12A10047

Amount: 75.00 g

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: Sauce, soy, commercial
10A10319

Amount: 25.00 g

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

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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