

Cheese & Vegemite Sausages

Total ingredient (raw) weight: 5400.00 g
 Total (cooked) weight: 5400.00 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	1150 kJ	1150 kJ
Protein	23.3 g	23.3 g
Fat, total	20.4 g	20.4 g
- saturated	8.9 g	8.9 g
Carbohydrate	0.1 g	0.1 g
- sugars	0.1 g	0.1 g
Sodium	124 mg	124 mg

Ingredient name: Beef, 80% chemical lean, raw
08A10932

Amount: 5.00 kg

Energy: 1136 kJ **Fat, total:** 20.0 g **Carbohydrate:** 0.0 g **Sodium:** 34 mg
Protein: 23.2 g **Fat saturated:** 8.3 g **Sugars:** 0.0 g

Ingredient name: Spread, yeast, vegemite
10F40014

Amount: 100.00 g

Energy: 519 kJ **Fat, total:** 0.9 g **Carbohydrate:** 1.6 g **Sodium:** 2962 mg
Protein: 23.9 g **Fat saturated:** 0.2 g **Sugars:** 1.6 g

Ingredient name: Cheese, cheddar, regular fat
09B10155

Amount: 300.00 g

Energy: 1661 kJ **Fat, total:** 32.8 g **Carbohydrate:** 0.5 g **Sodium:** 684 mg
Protein: 24.6 g **Fat saturated:** 21.6 g **Sugars:** 0.4 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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