

# Coriander, Chili & Lime

Total ingredient (raw) weight: 415.37 g  
 Total (cooked) weight: 378.36 g  
 Weight change: -8.91 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	96.84 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	474 kJ	490 kJ
Protein	17.0 g	17.5 g
Fat, total	3.5 g	3.6 g
- saturated	1.0 g	1.1 g
Carbohydrate	2.9 g	3.0 g
- sugars	2.5 g	2.6 g
Sodium	924 mg	955 mg

**Ingredient name:** Lime, peeled, raw  
06B10046

**Amount:** 2.00 g

**Energy:** 137 kJ    **Fat, total:** 0.2 g    **Carbohydrate:** 1.2 g    **Sodium:** 3 mg  
**Protein:** 0.8 g    **Fat saturated:** 0.0 g    **Sugars:** 1.2 g

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

**Amount:** 1.15 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:** Salt, rock  
10F60064

**Amount:** 3.90 g

**Energy:** 0 kJ    **Fat, total:** 0.0 g    **Carbohydrate:** 0.0 g    **Sodium:** 38177 mg  
**Protein:** 0.0 g    **Fat saturated:** 0.0 g    **Sugars:** 0.0 g

**Ingredient name:** Onion, dried  
13A11382

**Amount:** 0.60 g

**Energy:** 1061 kJ    **Fat, total:** 0.8 g    **Carbohydrate:** 37.2 g    **Sodium:** 89 mg  
**Protein:** 13.7 g    **Fat saturated:** 0.2 g    **Sugars:** 37.2 g

**Ingredient name:** Garlic, peeled, raw  
13A11102

**Amount:** 2.13 g

**Energy:** 526 kJ    **Fat, total:** 2.8 g    **Carbohydrate:** 10.2 g    **Sodium:** 8 mg  
**Protein:** 6.1 g    **Fat saturated:** 0.7 g    **Sugars:** 1.5 g

**Ingredient name:** Garlic, dried, powder or flakes  
13A11377

**Amount:** 0.60 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:** Ginger, peeled, raw  
13A11104

**Amount:** 2.13 g

**Energy:** 133 kJ    **Fat, total:** 0.4 g    **Carbohydrate:** 4.8 g    **Sodium:** 11 mg  
**Protein:** 0.8 g    **Fat saturated:** 0.1 g    **Sugars:** 1.7 g

**Ingredient name:** Ginger, dried, ground  
10E10067

**Amount:** 0.60 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:** Sauce, fish, Asian, commercial  
10A10305

**Amount:** 14.78 ml    **Specific gravity:** 1.22

**Energy:** 217 kJ    **Fat, total:** 0.3 g    **Carbohydrate:** 4.4 g    **Sodium:** 7990 mg  
**Protein:** 6.8 g    **Fat saturated:** 0.1 g    **Sugars:** 4.4 g

<b>Ingredient name:</b> Chilli (chili), red, raw 13A11084							
<b>Amount:</b> 2.20 g							
<b>Energy:</b>	206 kJ	<b>Fat, total:</b>	0.4 g	<b>Carbohydrate:</b>	4.2 g	<b>Sodium:</b>	3 mg
<b>Protein:</b>	1.4 g	<b>Fat saturated:</b>	0.1 g	<b>Sugars:</b>	4.2 g		
<b>Ingredient name:</b> Coriander seed, ground 10E10064							
<b>Amount:</b> 0.84 g							
<b>Energy:</b>	1485 kJ	<b>Fat, total:</b>	19.8 g	<b>Carbohydrate:</b>	10.5 g	<b>Sodium:</b>	49 mg
<b>Protein:</b>	13.0 g	<b>Fat saturated:</b>	1.0 g	<b>Sugars:</b>	8.8 g		
<b>Ingredient name:</b> Coriander, fresh, leaves & stem 13A11089							
<b>Amount:</b> 20.00 g							
<b>Energy:</b>	170 kJ	<b>Fat, total:</b>	0.7 g	<b>Carbohydrate:</b>	3.7 g	<b>Sodium:</b>	28 mg
<b>Protein:</b>	3.1 g	<b>Fat saturated:</b>	0.1 g	<b>Sugars:</b>	2.5 g		
<b>Ingredient name:</b> Sauce, soy, reduced salt 10A10320							
<b>Amount:</b>	14.78 ml	<b>Specific gravity:</b>	1.05				
<b>Energy:</b>	172 kJ	<b>Fat, total:</b>	0.0 g	<b>Carbohydrate:</b>	2.7 g	<b>Sodium:</b>	3333 mg
<b>Protein:</b>	5.9 g	<b>Fat saturated:</b>	0.0 g	<b>Sugars:</b>	1.7 g		
<b>Ingredient name:</b> Oil, olive, pure 04C10073							
<b>Amount:</b>	5.00 ml	<b>Specific gravity:</b>	0.91				
<b>Energy:</b>	3700 kJ	<b>Fat, total:</b>	100.0 g	<b>Carbohydrate:</b>	0.0 g	<b>Sodium:</b>	0 mg
<b>Protein:</b>	0.0 g	<b>Fat saturated:</b>	15.3 g	<b>Sugars:</b>	0.0 g		
<b>Ingredient name:</b> Syrup, molasses 12A10063							
<b>Amount:</b>	8.00 ml	<b>Specific gravity:</b>	1.39				
<b>Energy:</b>	934 kJ	<b>Fat, total:</b>	0.1 g	<b>Carbohydrate:</b>	54.7 g	<b>Sodium:</b>	37 mg
<b>Protein:</b>	0.0 g	<b>Fat saturated:</b>	0.0 g	<b>Sugars:</b>	54.7 g		
<b>Ingredient name:</b> Onion, mature, brown skinned, peeled, raw 13A11118							
<b>Amount:</b> 30.00 g							
<b>Energy:</b>	132 kJ	<b>Fat, total:</b>	0.1 g	<b>Carbohydrate:</b>	4.6 g	<b>Sodium:</b>	11 mg
<b>Protein:</b>	1.7 g	<b>Fat saturated:</b>	0.0 g	<b>Sugars:</b>	4.6 g		
<b>Ingredient name:</b> Beef, round steak, fully-trimmed, raw 08A10831							
<b>Amount:</b> 300.00 g							
<b>Energy:</b>	457 kJ	<b>Fat, total:</b>	2.8 g	<b>Carbohydrate:</b>	0.0 g	<b>Sodium:</b>	50 mg
<b>Protein:</b>	20.8 g	<b>Fat saturated:</b>	1.1 g	<b>Sugars:</b>	0.0 g		

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

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