

Sunday Roast

Total ingredient (raw) weight: 385.02 g
 Total (cooked) weight: 350.02 g
 Weight change: -9.09 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	87.50 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	639 kJ	730 kJ
Protein	16.1 g	18.4 g
Fat, total	8.9 g	10.2 g
- saturated	1.9 g	2.2 g
Carbohydrate	1.6 g	1.8 g
- sugars	0.7 g	0.8 g
Sodium	854 mg	976 mg

Ingredient name: Oil, olive, pure
04C10073

Amount: 29.57 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: Garlic, dried, powder or flakes
13A11377

Amount: 3.00 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: Onion, dried
13A11382

Amount: 1.16 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: Rosemary, Raw
13A11400

Amount: 2.00 g

Energy: 498 kJ **Fat, total:** 5.9 g **Carbohydrate:** 6.6 g **Sodium:** 26 mg
Protein: 3.3 g **Fat saturated:** 2.8 g **Sugars:** 6.3 g

Ingredient name: Salt, rock
10F60064

Amount: 8.53 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: Pepper, ground, black or white
10E10080

Amount: 4.65 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: Vinegar
10F20063

Amount: 4.92 ml **Specific gravity:** 1.01

Energy: 57 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 5 mg
Protein: 0.1 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

Ingredient name: Garlic, peeled, raw
13A11102

Amount: 2.80 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: Onion, mature, brown skinned, peeled, raw
13A11118

Amount: 30.00 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: Mixed herbs, dried
13A11321

Amount: 1.00 g

Energy:	1064 kJ	Fat, total:	4.1 g	Carbohydrate:	17.8 g	Sodium:	187 mg
Protein:	16.5 g	Fat saturated:	0.7 g	Sugars:	7.4 g		

Ingredient name: Beef, round steak, fully-trimmed, raw
08A10831

Amount: 300.00 g

Energy:	457 kJ	Fat, total:	2.8 g	Carbohydrate:	0.0 g	Sodium:	50 mg
Protein:	20.8 g	Fat saturated:	1.1 g	Sugars:	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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