

Smoke & Pepper

Total ingredient (raw) weight: 506.77 g
 Total (cooked) weight: 476.77 g
 Weight change: -5.92 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	119.19 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	586 kJ	492 kJ
Protein	18.0 g	15.1 g
Fat, total	5.5 g	4.6 g
- saturated	1.3 g	1.1 g
Carbohydrate	3.7 g	3.1 g
- sugars	2.4 g	2.0 g
Sodium	1240 mg	1040 mg

Ingredient name: Sauce, soy, reduced salt 10A10320							
Amount: 125.00 ml		Specific gravity: 1.05					
Energy:	172 kJ	Fat, total:	0.0 g	Carbohydrate:	2.7 g	Sodium:	3333 mg
Protein:	5.9 g	Fat saturated:	0.0 g	Sugars:	1.7 g		

Ingredient name: Sauce, worcestershire, commercial 10A10328							
Amount: 29.60 ml		Specific gravity: 1.22					
Energy:	328 kJ	Fat, total:	0.2 g	Carbohydrate:	17.6 g	Sodium:	1060 mg
Protein:	1.3 g	Fat saturated:	0.0 g	Sugars:	16.9 g		

Ingredient name: Pepper, ground, black or white 10E10080							
Amount: 6.99 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: Liquid Smoke (C)							
Amount: 15.00 g							
Energy:	0 kJ	Fat, total:	0.0 g	Carbohydrate:	0.0 g	Sodium:	222 mg
Protein:	0.0 g	Fat saturated:	0.0 g	Sugars:	0.0 g		

Ingredient name: Onion, dried 13A11382							
Amount: 2.33 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, dried, powder or flakes 13A11377							
Amount: 1.64 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: Oil, olive, pure 04C10073							
Amount: 14.78 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: 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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