

# Nutritional Information

## Sushi Rolls

### Tuna

	Average Qty per Serving	Ave Qtyper 100g
Serving per package 1 / Serving size 143 gms		
Energy	460.16 kJ	318.45 g
Protein	6.23 g	4.31 g
Fat, total	1.49 g	1.03 g
- saturated	0.335 g	0.23 g
Carbohydrate	17.355 g	12.01 g
- sugar	15.625 g	10.81 g
Sodium	876.74 mg	606.74 mg

Ingredients: Rice, Tuna [Light meat tuna (66%), water, salt] (17 %), Cucumber (8%), Sugar, Vinegar, Soy sauce (water, salt, soy maize, glucose, malt vinegar, sugar), Seaweed, Lemon, Egg, Sunflower Oil, Dill (1%), Sake (rice, water, koji, yeast). Contains: Gluten & Ingredients derived from Soybeans.

### Teriyaki Chicken

	Average Qty per Serving	Ave Qtyper 100g
Serving per package 1 / Serving size 143 gms		
Energy	676.93 kJ	450.19 kJ
Protein	6.706 g	4.46 g
Fat, total	6.164 g	4.10 g
- saturated	1.583 g	1.03 g
Carbohydrate	19.096 g	12.79 g
- sugar	15.578 g	10.36 g
Sodium	865.45 mg	575.57 mg

Ingredients: Rice, Chicken (18%), Avocado (8%), Sugar, Vinegar, Bean green (5 %), Honey, Soy sauce (water, salt, soy maize, glucose, malt vinegar, sugar), Celtic Sea Salt, Seaweed, Sake (rice, water, koji, yeast), Sesame oil ,Garlic, Ginger. Contains: Gluten & Ingredients derived from Soybeans.

### Vegetarian

	Average Qty per Serving	Ave Qtyper 100g
Serving per package 1 / Serving size 140 gms		
Energy	448.89 kJ	295.57 kJ
Protein	0.865 g	0.57 g
Fat, total	3.037 g	2.0 g
- saturated	0.865 g	0.42 g
Carbohydrate	18.407 g	12.12 g
- sugar	15.339 g	10.91 g
Sodium	188.73 mg	519.33 mg

Ingredients: Rice, Cucumber(12%), Carrot(10%), Avocado (9%), Sugar, Vinegar, Bean green (4), Celtic Sea Salt, Seaweed, Sake (rice, water, koji, yeast). Contains: Ingredients derived from Soybeans.



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