

White Roll

Total ingredient (raw) weight: 2160.59 g
 Total (cooked) weight: 1966.14 g
 Weight change: -9.00 %

| Nutrition Information | | |
|-----------------------|------------------------------------|----------------------------------|
| Servings per package: | 1.00 | |
| Serving size: | 110.00 g | |
| | Average Quantity per Serving | Average Quantity per 100 g |
| Energy | 840 kJ | 764 kJ |
| Protein | 4.9 g | 4.5 g |
| Fat, total | 1.0 g | 0.9 g |
| - saturated | 0.2 g | 0.1 g |
| Carbohydrate | 41.0 g | 37.3 g |
| - sugars | 1.4 g | 1.3 g |
| Sodium | 7 mg | 6 mg |

Ingredient name: Vinegar
10F20063

Amount: 15.00 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: Oil, blend of polyunsaturated vegetable oils
04C10072

Amount: 12.00 ml **Specific gravity:** 0.92

Energy: 3700 kJ **Fat, total:** 100.0 g **Carbohydrate:** 0.0 g **Sodium:** 0 mg
Protein: 0.0 g **Fat saturated:** 15.2 g **Sugars:** 0.0 g

Ingredient name: Yeast, dried
10F30009

Amount: 9.00 g

Energy: 1274 kJ **Fat, total:** 5.0 g **Carbohydrate:** 11.3 g **Sodium:** 170 mg
Protein: 40.1 g **Fat saturated:** 0.6 g **Sugars:** 0.0 g

Ingredient name: Water, tap
01B10176

Amount: 1125.00 ml **Specific gravity:** 1.00

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

Ingredient name: Potassium sodium L-tartrate, food additive (337), anhydrous
14B10108

Amount: 0.40 g

Energy: 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 10939 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

Ingredient name: Gluten Free Bread Premix (C)

Amount: 1.00 kg

Energy: 1449 kJ **Fat, total:** 0.6 g **Carbohydrate:** 73.2 g **Sodium:** 6 mg
Protein: 8.4 g **Fat saturated:** 0.1 g **Sugars:** 2.5 g

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

Working values may differ from final NIP due to rounding.

Printed: 10:09 Wednesday, 20 March 2013