

# Cauliflower Rice

Total ingredient (raw) weight: 350.00 g  
Total (cooked) weight: 350.00 g  
Weight change: 0.00 %

Nutrition Information		
Servings per package:	2.80	
Serving size:	125.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	126 kJ	101 kJ
Protein	2.6 g	2.1 g
Fat, total	0.3 g	0.2 g
- saturated	0.0 g	0.0 g
Carbohydrate	2.4 g	1.9 g
- sugars	2.4 g	1.9 g
Sodium	39 mg	31 mg

**Ingredient name:** Cauliflower, raw  
13A11073

**Amount:** 350.00 g

**Energy:** 101 kJ    **Fat, total:** 0.2 g    **Carbohydrate:** 1.9 g    **Sodium:** 31 mg  
**Protein:** 2.1 g    **Fat saturated:** 0.0 g    **Sugars:** 1.9 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: 12:27 Tuesday, 16 April 2019