



Product Specifications

NUTRITIONAL VALUES

2006

Nutritional Guide for Product Specifications

Ref

Number Nutritional values for Product Specifications

**** All nutritional values are per 100 gm edible portion**

PS-01								
PS-02	Capsicum - Diced							
PS-03	Capsicum - Sliced							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
CAPSICUM - Green, raw	76	1.5	.1	0.0	2.3	2.3	2	
CAPSICUM - Red, raw	117	1.7	0.2	0.0	4.2	4.0	1	

PS-04	Celery - Diced							
PS-05	Celery - Sliced							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
CELERY - Raw	49	0.6	0.1	0.0	1.2	1.2	88	

PS-06	Onions - Diced							
PS-07	Onions - Sliced							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
ONION, Mature, Raw	148	1.6	0.1	0.0	6.2	4.4	13	

PS-08	Carrots – Diced							
PS-10	Carrots-Shredded							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
CARROT – Raw	131	.8	0.1	0.0	5.3	5.1	45	

PS-09	Tomato Diced							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
TOMATO - Raw	63	1.0	0.1	0.0	1.9	1.9	6	

PS-11	Pumpkin - Diced							
PS-12	Pumpkin - Battoned							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
PUMPKIN – Qld Blue	200	2.0	0.3	0.0	8.4	4.9	2	
PUMPKIN – Butternut	186	2.1	0.6	0.3	6.9	5.2	1	
PUMPKIN – Gold Nugget	123	2.2	0.3	0.0	4.0	2.6	1	

PS-13	Apple - Diced							
PS-14	Apple - Sliced							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
APPLE – Green unpeeled	202	0.3	0.1	0.0	10.5	10.3	1	
APPLE – Red unpeeled	232	0.3	0.1	0.0	12.2	12.0	1	

PS-15	Honeydew/Rockmelon - Diced							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
HONEYDEW – Raw Peeled	142	0.7	0.3	0.0	6.5	6.5	43	
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
ROCKMELON – Raw Peeled	100	0.5	0.1	0.0	4.7	4.7	10	

PS-16	Pineapple – Diced							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
PINEAPPLE – Peeled, cored	174	1.0	0.1	0.0	8.0	8.0	2	

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PS-17	Sweet Potato – Diced						
PS-18	Sweet Potato - Sliced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
SWEET POTATO – White	338	1.4	0.1	0.0	17.3	4.4	13
SWEET POTATO – Orange	290	1.9	0.1	0.0	14.1	5.6	10

PS-19	Peeled Potato - Plain						
PS-20	Peeled Potato - Diced						
PS-21	Peeled Potato - Sliced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
POTATO – NEW, Raw, peeled	274	2.3	0.1	0.0	12.8	0.6	3
POTATO – Pale Skin, Raw, pld	295	2.5	0.2	0.0	13.8	0.4	4
POTATO – Red Skin, Raw pld	270	2.4	0.1	0.0	12.6	0.7	2
POTATO – Raw peeled	280	2.4	0.1	0.0	13.1	0.5	3
POTATO – Raw WITH Skin	283	2.4	0.1	0.0	13.1	0.5	3

PS-22	Red Potato (skin on) - Sliced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
POTATO – Raw WITH Skin	283	2.4	0.1	0.0	13.1	0.5	3

PS-23	Swede/Turnip - Diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
SWEDE – Raw, peeled	99	0.9	0.0	0.0	3.7	3.4	12
TURNIP – Raw, peeled	102	1.3	0.0	0.0	3.4	3.2	24

PS-24	Mushrooms - Sliced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
MUSHROOM - Raw	97	3.6	0.3	0.0	0.3	0.3	7

PS-25	Red/Green Cabbage - Diced						
PS-26	Red/Green Cabbage - Shredded						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CABBAGE – White, Raw	104	1.3	0.1	0.0	2.8	2.8	14
CABBAGE – Red, Raw	132	2.2	0.3	0.0	3.1	2.7	16
CABBAGE – Savoy, Raw	99	1.7	0.1	0.0	2.3	2.3	23
CABBAGE – Green, Raw	102	1.5	0.1	0.0	2.6	2.6	18
CABBAGE – Chinese, Raw	61	1.3	0.3	0.0	0.9	0.8	13
CABBAGE – Bok Choy	54	1.1	0.2	0.0	1.0	1.0	10

PS-27	Spinach - Sliced						
PS-28	Spinach - Cooked						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
SPINACH – English, Raw	84	2.4	0.3	0.0	0.6	0.6	21

PS-29	Zucchini - Diced						
PS-30	Zucchini - Sliced						
PS-31	Zucchini - Shredded						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
ZUCCHINI – Green Skin, Raw	68	0.9	0.3	0.0	1.7	1.7	1
ZUCCHINI – Golden Skin, Raw	80	2.2	0.3	0.0	1.1	1.1	1

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PS-32	Onions Whole Peeled						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
ONION, Mature, Raw	148	1.6	0.1	0.0	6.2	4.4	13

PS-33	Rhubarb - Sliced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
RHUBARD – for Stewing	64	1.1	0.1	0.0	1.3	1.3	9

PS-34	Eggplant - Diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
EGGPLANT - Raw	92	1.1	0.3	0.0	2.6	2.6	5

PS-35	Deleted (customer issued spec – Gherkin Sliced)						
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PS-36	Spring Onion - Sliced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
ONION, SPRING - Raw	132	1.7	0.2	0.0	4.6	4.5	13

PS-37	Mushrooms - Diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
MUSHROOM - Raw	97	3.6	0.3	0.0	0.3	0.3	7

PS-38	Carrot Shredded						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CARROT – Raw	131	0.8	0.1	0.0	5.3	5.1	45

PS-39	Onions White - Diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
ONION, Mature, Raw	148	1.6	0.1	0.0	6.2	4.4	13

PS-40	Chicken Stir-fry						
PS-41	Coleslaw						
PS-42	Pizza Topping						

PS-43	Sliced Leeks						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
LEEK - Raw	144	2.1	0.4	0.0	4.1	3.7	17

PS-44	Cucumber - Shredded						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CUCUMBER – Common Raw	49	0.5	0.1	0.0	1.9	1.9	20
CUCUMBER – Lebanese Raw	58	0.5	0.1	0.0	2.1	2.1	21

PS-45	Carrots - Baton						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CARROT – Raw	131	0.8	0.1	0.0	5.3	5.1	45

PS-46	Swede/Turnip Battons						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
SWEDE – Raw, peeled	99	0.9	0.0	0.0	3.7	3.4	12
TURNIP – Raw, peeled	102	1.3	0.0	0.0	3.4	3.2	24

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PS-47	Cauliflower Florets							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
CAULIFLOWER – Raw	94	2.2	0.2	0.0	2.1	2.0	15	

PS-48	Broccoli Florets							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
BROCCOLI - Raw	134	4.7	0.3	0.0	0.6	0.4	21	

PS-49	Chill and Jalapeno Peppers - Diced							
PS-50	Chill and Jalapeno Peppers - Sliced							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
CHILLI – Green, Raw	96	2.8	0.3	0.0	1.0	1.0	4	
CHILLI – Red, Raw	128	1.4	0.4	0.0	4.2	4.2	3	

PS-51	Carrots - Sliced							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
CARROT – Raw	131	0.8	0.1	0.0	5.3	5.1	45	

PS-52	Tomato Sliced							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
TOMATO - Raw	63	1.0	0.1	0.0	1.9	1.9	6	

PS-53	Parsnip - whole peeled & portions							
PS-54	Parsnip- sliced							
PS-55	Parsnip – diced							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
PARSNIP - Raw	228	1.8	0.2	0.0	10.0	4.8	19	

PS-56	Pumpkin portions							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
PUMPKIN – Qld Blue	200	2.0	0.3	0.0	8.4	4.9	2	
PUMPKIN – Butternut	186	2.1	0.6	0.3	6.9	5.2	1	
PUMPKIN – Gold Nugget	123	2.2	0.3	0.0	4.0	2.6	1	

PS-57	<i>Iceberg Lettuce</i>							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
LETTUCE – Common, Raw	39	0.9	0.1	0.0	0.4	0.4	23	

PS-58	<i>Whole Peeled Red Onions</i>							
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium	
ONION, Mature, Raw	148	1.6	0.1	0.0	6.2	4.4	13	

PS-59	
PS-60	
PS-61	
PS-62	
PS-63	
PS-64	
PS-65	
PS-66	
PS-67	
PS-68	