



When
Quality
Matters

Product Specifications

NUTRITIONAL VALUES

2017

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	95	1.6	0.1	0.0	2.5	2.3	2
CAPSICUM - Red, raw	111	1.5	0.2	0.0	3.5	3.5	2

PS-04	Celery – Diced						
PS-05	Celery - Sliced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CELERY - Raw	50	0.6	0.1	0.0	1.2	1.2	97

PS-06	Onions - Diced						
PS-07	Onions - Sliced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
ONION, Mature, Raw	132	1.7	0.1	0.0	4.6	4.6	11

PS-08	Carrots – Diced						
PS-10	Carrots-Shredded						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CARROT – Raw	138	.8	0.1	0.0	5.0	5.0	40

PS-09	Tomato Diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
TOMATO - Raw	78	1.0	0.1	0.0	2.4	2.3	8

PS-11	Pumpkin - Diced						
PS-12	Pumpkin - Baton						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
PUMPKIN – Qld Blue	213	2.0	0.3	0.1	8.4	4.9	2
PUMPKIN – Butternut	204	2.2	0.6	0.1	7.2	5.4	1
PUMPKIN – Gold Nugget	127	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	211	0.3	0.1	0.0	10.6	10.4	2
APPLE – Green peeled	212	0.3	0.0	0.0	10.8	10.7	2

PS-15	Honeydew/Rockmelon - Diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
HONEYDEW – Raw Peeled	157	0.7	0.3	0.1	7.1	7.1	44
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
ROCKMELON – Raw Peeled	127	0.6	0.1	0.0	5.7	5.7	17

PS-16	Pineapple – Diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
PINEAPPLE – Peeled, cored	189	0.6	0.2	0.1	8.2	8.2	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	315	1.3	0.1	0.0	15.9	4.8	12
SWEET POTATO – Orange	293	1.9	0.1	0.0	14.1	5.6	10

PS-19	Peeled Potato - Roast						
PS-20	Peeled Potato - Diced						
PS-21	Peeled Potato - Sliced						
POTATO – Raw, peeled COLIBAN	245	2.0	0.0	0.0	11.5	1.0	4
POTATO – Raw peeled NEW	274	2.3	0.1	0.0	12.8	0.6	3
POTATO – Raw WITH Skin on	283	2.4	0.1	0.0	13.1	0.5	3

PS-22	Red Potato (skin on) – Sliced/diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
POTATO – Raw WITH Skin DESIREE	244	2.3	0.0	0.0	10.7	1.7	5

PS-23	Swede/Turnip – Diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
SWEDE – Raw, peeled	97	0.9	0.0	0.0	3.7	3.4	12
TURNIP – Raw, peeled	98	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	85	3.3	0.3	0.0	0.3	0.3	8

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	113	1.6	0.1	0.0	3.4	3.4	15
CABBAGE – Red, Raw	126	2.2	0.3	0.1	2.7	2.7	16
CABBAGE – Savoy, Raw	93	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	72	1.3	0.3	0.0	0.9	0.8	13

PS-27	Spinach - Sliced						
PS-28	Deleted						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
SPINACH – English, Raw	83	2.6	0.3	0.1	0.7	0.7	23

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	63	0.8	0.3	0.0	1.6	1.6	1
ZUCCHINI – Golden Skin, Raw	81	2.2	0.3	0.0	1.1	1.1	1

PS-32	Onions Whole Peeled						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
ONION, Mature, Raw	132	1.7	0.1	0.0	4.6	4.6	11

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PS-33	Rhubarb - Sliced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
RHUBARB	100	1.5	0.2	0.1	1.7	1.7	12

PS-34	Eggplant - Diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
EGGPLANT - Raw	92	1.0	0.3	0.0	2.4	2.4	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	85	3.3	0.3	0.0	0.3	0.3	8

PS-38	Carrot Shredded						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CARROT – Raw	138	0.8	0.1	0.0	5.0	5.0	40

PS-39	Onions White - Diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
ONION, Mature, Raw	137	1.7	0.1	0.0	4.8	4.8	14

PS-40	Deleted						
PS-41	Deleted						
PS-42	Deleted						

PS-43	Sliced Leeks						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
LEEK - Raw	129	1.9	0.4	0.1	3.3	3.3	15

PS-44	Cucumber - Shredded						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CUCUMBER – Common Raw	53	0.4	0.1	0.0	2.1	2.1	21
CUCUMBER – Lebanese Raw	53	0.4	0.1	0.0	1.9	1.9	19

PS-45	Carrots - Baton						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CARROT – Raw	138	0.8	0.1	0.0	5.0	5.0	40

PS-46	Swede/Turnip Batons						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
SWEDE – Raw, peeled	97	0.9	0.0	0.0	3.7	3.4	12
TURNIP – Raw, peeled	98	1.3	0.0	0.0	3.4	3.2	24

PS-47	Cauliflower Florets						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CAULIFLOWER – Raw	101	2.1	0.2	0.0	1.9	1.9	31

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PS-48	Broccoli Florets						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
BROCCOLI - Raw	125	4.4	0.3	0.0	0.4	0.4	22

PS-49	Deleted						
PS-50	Deleted						

PS-51	Carrots - Sliced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CARROT – Raw	138	0.8	0.1	0.0	5.0	5.0	40

PS-52	Tomato Sliced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
TOMATO - Raw	78	1.0	0.1	0.0	2.4	2.3	8

PS-53	Parsnip - whole peeled & portions						
PS-54	Parsnip- sliced/diced						
PS-55	Deleted						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
PARSNIP - Raw	247	1.8	0.2	0.0	10.2	4.9	19

PS-56	Pumpkin portions						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
PUMPKIN – Old Blue	213	2.0	0.3	0.1	8.4	4.9	2
PUMPKIN – Butternut	204	2.2	0.6	0.1	7.4	5.4	1
PUMPKIN – Gold Nugget	127	2.2	0.3	0.0	4.0	2.6	1

PS-57	Iceberg Lettuce						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
LETTUCE – Common, Raw	41	1.0	0.1	0.0	0.4	0.4	26

PS-58	Whole Peeled Red Onions						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
RED ONION, Mature, Raw	137	1.7	0.1	0.0	4.8	4.8	14

PS-59	Mini Roast skin on						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
POTATO, New unpeeled	283	2.4	0.1	0.0	13.1	0.5	3

PS-60	Whole peeled Apple						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
GREEN APPLE peeled	212	0.3	0.0	0.0	10.8	10.7	2

PS-61	Coriander chopped						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CORIANDER	170	3.1	0.7	0.1	3.7	2.5	28

PS-62	Whole peeled Carrot						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CARROT- Raw	138	0.8	0.1	0.0	5.0	5.0	40

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PS-63	Diced Red Onion						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
RED ONION Mature,Raw	137	1.7	0.1	0.0	4.8	4.8	14

PS-64	Parsley chopped						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
PARSLEY, Curly	111	2.3	0.2	0.0	0.5	0.5	59
PARSLEY, Continental	102	2.4	0.2	0.0	0.6	0.6	58

PS-65	Beans						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
BEANS, green, Raw	124	2.4	0.2	0.0	2.7	1.3	2

PS- 66	Celery - baton						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
CELERY, Raw	50	0.6	0.1	0.0	1.2	1.2	97

PS-67	Deleted						
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PS-68	Beetroot diced						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
BEETROOT, Raw peeled	195	1.7	0.1	0.0	7.7	7.7	49

PS-69	Apple red shredded						
Food Name	Energy	Protein	Fat (total)	Fat (sat)	Carb	Sugars	Sodium
APPLE RED, raw unpeeled	240	4	0.1	0.0	12.2	11.6	1