

# MANGO & COCONUT

Total ingredient (raw) weight: 99945.00 g  
 Total (cooked) weight: 104942.25 g  
 Weight change: 5.00 %

Nutrition Information		
Servings per package:	170.00	
Serving size:	170.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2570 kJ	1510 kJ
Protein	7.9 g	4.7 g
Fat, total	35.6 g	21.0 g
- saturated	10.6 g	6.2 g
Carbohydrate	64.5 g	38.0 g
- sugars	35.1 g	20.6 g
Sodium	277 mg	163 mg

**Ingredient name:** Sugar, white, granulated or lump  
12A10050

**Amount:** 19.50 kg

**Energy:** 1700 kJ    **Fat, total:** 0.0 g    **Carbohydrate:** 100.0 g    **Sodium:** 0 mg  
**Protein:** 0.0 g    **Fat saturated:** 0.0 g    **Sugars:** 100.0 g

**Ingredient name:** Oil, canola  
04C10075

**Amount:** 13.00 kg

**Energy:** 3700 kJ    **Fat, total:** 100.0 g    **Carbohydrate:** 0.0 g    **Sodium:** 0 mg  
**Protein:** 0.0 g    **Fat saturated:** 7.3 g    **Sugars:** 0.0 g

**Ingredient name:** Egg, chicken, whole, raw  
03A10044

**Amount:** 10.00 kg

**Energy:** 553 kJ    **Fat, total:** 9.0 g    **Carbohydrate:** 0.3 g    **Sodium:** 134 mg  
**Protein:** 12.7 g    **Fat saturated:** 3.1 g    **Sugars:** 0.3 g

**Ingredient name:** Vanilla, artificial, extract, alcohol free  
10F60072

**Amount:** 120.00 g

**Energy:** 245 kJ    **Fat, total:** 0.0 g    **Carbohydrate:** 14.4 g    **Sodium:** 3 mg  
**Protein:** 0.0 g    **Fat saturated:** 0.0 g    **Sugars:** 14.4 g

**Ingredient name:** Flour, wheat, white, self-raising  
02A20062

**Amount:** 12.50 kg

**Energy:** 1484 kJ    **Fat, total:** 1.2 g    **Carbohydrate:** 72.1 g    **Sodium:** 695 mg  
**Protein:** 10.8 g    **Fat saturated:** 0.2 g    **Sugars:** 0.0 g

**Ingredient name:** Flour, wheat, white, plain  
02A20061

**Amount:** 12.50 kg

**Energy:** 1498 kJ    **Fat, total:** 1.2 g    **Carbohydrate:** 73.0 g    **Sodium:** 2 mg  
**Protein:** 10.8 g    **Fat saturated:** 0.2 g    **Sugars:** 0.0 g

**Ingredient name:** Baking powder  
14B10098

**Amount:** 525.00 g

**Energy:** 34 kJ    **Fat, total:** 0.4 g    **Carbohydrate:** 0.0 g    **Sodium:** 11800 mg  
**Protein:** 0.1 g    **Fat saturated:** 0.0 g    **Sugars:** 0.0 g

**Ingredient name:** Water, tap  
01B10176

**Amount:** 3.00 kg

**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:** Milk, powder, cow, skim  
09A30012

**Amount:** 800.00 g

**Energy:** 1506 kJ    **Fat, total:** 0.9 g    **Carbohydrate:** 50.4 g    **Sodium:** 428 mg  
**Protein:** 36.3 g    **Fat saturated:** 0.6 g    **Sugars:** 50.4 g

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**Ingredient name:** Cream, sour  
09A50020

**Amount:** 15.00 kg

<b>Energy:</b>	1520 kJ	<b>Fat, total:</b>	38.7 g	<b>Carbohydrate:</b>	2.5 g	<b>Sodium:</b>	31 mg
<b>Protein:</b>	2.3 g	<b>Fat saturated:</b>	24.5 g	<b>Sugars:</b>	2.5 g		

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**Ingredient name:** Coconut, grated & desiccated  
11B10124

**Amount:** 3.00 kg

<b>Energy:</b>	2779 kJ	<b>Fat, total:</b>	65.4 g	<b>Carbohydrate:</b>	7.3 g	<b>Sodium:</b>	15 mg
<b>Protein:</b>	6.6 g	<b>Fat saturated:</b>	52.3 g	<b>Sugars:</b>	6.6 g		

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**Ingredient name:** Mango, peeled, raw  
06D10316

**Amount:** 10.00 kg

<b>Energy:</b>	244 kJ	<b>Fat, total:</b>	0.2 g	<b>Carbohydrate:</b>	11.6 g	<b>Sodium:</b>	1 mg
<b>Protein:</b>	0.9 g	<b>Fat saturated:</b>	0.0 g	<b>Sugars:</b>	11.2 g		

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

Working values may differ from final NIP due to rounding.

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