



**Scallions (Spring Onion/Shallot)**

1 Scallion = 30g

**Value per 100g**

Energy (kJ)	130
Carbohydrates (g)	7.2
Dietary Fibre (g)	2.2
Total Fat (g)	-
- Saturated (g)	-
- Monounsaturated (g)	-
- Polyunsaturated (g)	-
Protein (g)	1.8

Folate, Iron, Manganese, Potassium, Vitamin A, Vitamin C, Vitamin K.

**Scallop**

1 Scallop = 30g

**Value per 100g**

Energy (kJ)	370
Carbohydrates (g)	2.3
Dietary Fibre (g)	-
Total Fat (g)	0.7
- Saturated (g)	-
- Monounsaturated (g)	-
- Polyunsaturated (g)	-
Protein (g)	16.8

Iodine, Magnesium, Phosphorus, Potassium, Selenium, Sodium, Vitamin B6, Vitamin B12.

1 Sesame Seeds handful = 50g

**Sesame Seeds**

**Value per 100g**

Energy (kJ)	2300
Carbohydrates (g)	23.4
Dietary Fibre (g)	11.8
Total Fat (g)	49.6
- Saturated (g)	7.0
- Monounsaturated (g)	18.7
- Polyunsaturated (g)	21.6
Protein (g)	17.6

Calcium, Copper, Folate, Iron, Magnesium, Manganese, Phosphorus, Potassium, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B6, Zinc.