

By KOFI MENSAH from CRYSTAL PATISSERIE LTD



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Overview

U / 927229



38.1% Fat

Food Labelling...

EU Label values per 100g

Serves **30**

	PER 100G	%RI	PER 58G SERVING	%RI
Energy(Kj)	1315 kJ	16%	757 kJ	9%
Energy(kcal)	314 kcal	16%	180 kcal	9%
Fat	13 g	19%	7.5 g	11%
<i>of which saturates</i>	7.8 g	39%	4.5 g	23%
Carbohydrate	41 g	16%	23 g	9%
<i>of which sugars</i>	1.6 g	2%	0.9 g	1%
Fibre	2.1 g	8%	1.2 g	5%
Protein	7.1 g	14%	4.1 g	8%
Salt	0.78 g	13%	0.45 g	8%

CONTAINS:



WHEAT



EGGS



MILK

Nutrient Breakdown per 100g...

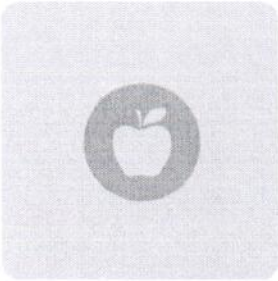
	Energy		Lipid Components		Vitamins
Energy(kcal) 15% RI	309kcal	Saturated Fat 39% RI	7.8g	Vitamin A (ret eq) 20% RI	157ug
Energy(Kj) 15% RI	1297kJ	Monounsaturated fat 12% RI	3.3g	Retinol	144ug
		cis-Mono	-	Carotene	84ug
	Macronutrients	Polyunsaturated fat 4% RI	0.62g	Vitamin D 7% RI	0.33ug
		Omega3(n-3) 5% RI	0.1g	Vitamin E 5% RI	0.65mg
Carbohydrate 16% RI	41g	Omega6(n-6) 3% RI	0.42g	Vitamin K 1 2% RI	1.5ug
Protein 14% RI	7.1g	cis-Poly	-	Thiamin (B1) 15% RI	0.16mg
Fat 19% RI	13.1g	Trans-fatty acids	0.41g	Riboflavin (B2) 9% RI	0.13mg
Water	36.2g	Cholesterol	54mg	Niacin total (B3) 15% RI	2.4mg
Water from Drinks	0g			Niacin 6% RI	0.95mg
Alcohol (0% ABV)	0g		Minerals & trace elements	Tryptophan	65mg
	Carbohydrate	Sodium 13% RI	312mg	Pantothenic Acid (B5) 8% RI	0.48mg
		Potassium 7% RI	147mg	Vitamin B 6 8% RI	0.12mg
Starch	39.2g	Chloride 32% RI	258mg	Folates (B9) Total 7% RI	13.6ug
Oligosaccharide	0g	Calcium 13% RI	106mg	Vitamin B 12 18% RI	0.45ug
Fibre 8% RI	2.1g	Phosphorus 34% RI	238mg	Biotin (B7) 6% RI	2.9ug
NSP	1.6g	Magnesium 4% RI	16.2mg		
Sugars 2% RI	1.6g	Iron 8% RI	1.1mg		
Glucose	0g	Zinc 6% RI	0.63mg		
Galactose	0g				

Fructose	0g	Copper 9% RI	0.09mg	Vitamin C 1% RI	0.52mg
Sucrose	0.25g	Manganese 19% RI	0.37mg		
Maltose	0.05g	Selenium 6% RI	3.4ug		Other
Lactose	1.3g	Iodine 11% RI	16.4ug	GI (estimated)	58
				GL	23.6
				Caffeine	-

Recipe Ingredients ...	Quantity:	Description:
Flour, wheat, white, plain, soft	907g	
Milk, whole, pasteurised, average	450g	450g
Baking powder	28.4g	
Butter, salted	227g	
Eggs, chicken, whole, raw	114g	

Products / Pack Sizes ...

1 Serving



 Product code

 Barcode

 **58g** / **180kcal**

 Number of servings

 Net pack weight

Cooking Instructions & Notes