

By KOFI MENSAH from CRYSTAL PATISSERIE LTD



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Overview ...

U / 921645



CALORIES:

64.5% Carbs

6.1% Protein

29.5% Fat

Food Labelling...

EU Label values per 100g

Serves **420**

	PER 100G	%RI	PER 49G SERVING	%RI
Energy(Kj)	1468 kJ	17%	723 kJ	9%
Energy(kcal)	349 kcal	17%	172 kcal	9%
Fat	11 g	16%	5.5 g	8%
<i>of which saturates</i>	6.9 g	35%	3.4 g	17%
Carbohydrate	55 g	21%	27 g	10%
<i>of which sugars</i>	23 g	26%	12 g	13%
Fibre	2 g	8%	1 g	4%
Protein	5.4 g	11%	2.7 g	5%
Salt	0.64 g	11%	0.31 g	5%

CONTAINS:



WHEAT



EGGS



MIL 9



SIL WHITES

Nutrient Breakdown per 100g...

	Energy	Lipid Components		Vitamins
Energy(kcal) 17% RI	344kcal	Saturated Fat 34% RI	6.9g	Vitamin A (ret eq) 17% RI 135ug
Energy(Kj) 17% RI	1445kJ	Monounsaturated fat 10% RI	2.8g	Retinol 122ug
		cis-Mono	-	Carotene 77ug
	Macronutrients	Polyunsaturated fat 3% RI	0.51g	Vitamin D 3% RI 0.13ug
Carbohydrate 21% RI	55g	Omega3(n-3) 4% RI	0.09g	Vitamin E 5% RI 0.6mg
Protein 10% RI	5.2g	Omega6(n-6) 2% RI	0.34g	Vitamin K 1 2% RI 1.2ug
Fat 16% RI	11.3g	cis-Poly	-	Thiamin (B1) 13% RI 0.14mg
Water	23.8g	Trans-fatty acids	0.37g	Riboflavin (B2) 6% RI 0.08mg
Water from Drinks	0g	Cholesterol	29.7mg	Niacin total (B3) 12% RI 1.9mg
Alcohol (0% ABV)	0g		Minerals & trace elements	Niacin 6% RI 0.88mg
	Carbohydrate	Sodium 11% RI	256mg	Tryptophan 55mg
Starch	32.1g	Potassium 13% RI	250mg	Pantothenic Acid (B5) 5% RI 0.31mg
Oligosaccharide	0g	Chloride 26% RI	209mg	Vitamin B 6 9% RI 0.12mg
Fibre 8% RI	2g	Calcium 15% RI	122mg	Folates (B9) Total 6% RI 12.6ug
NSP	1.6g	Phosphorus 31% RI	215mg	Vitamin B 12 8% RI 0.2ug
Sugars 26% RI	23.4g	Magnesium 5% RI	17.1mg	Biotin (B7) 4% RI 2ug
Glucose	4.6g	Iron 8% RI	1.1mg	
Galactose	0g	Zinc 5% RI	0.5mg	

Fructose
Sucrose
Maltose
Lactose

4.6g Copper 13% RI
0.21g Manganese 19% RI
0.04g Selenium 9% RI
0.83g Iodine 7% RI

0.13mg Vitamin C 0% RI 0.33mg
0.38mg
5ug Other
10ug
GI (estimated) 64
GL 35.3
Caffeine -

Recipe Ingredients ...

	Quantity:	Description:
Flour, wheat, white, plain, soft - GB15	4.54kg	226.8 tablespoon
Flour, wheat, white, self raising	4.54kg	
Sugar, castor	2.72kg	
Butter, salted	2.5kg	
Milk, whole, pasteurised, average	3.41kg	
Sultanas	2.72kg	
Baking powder - GB15	142g	35.44 level teaspoon
Eggs, chicken, whole, raw - GB15	114g	2x Average, Size 3

Products / Pack Sizes ...

1 Serving



Product code
Barcode
49g / 172kcal
1

Cooking Instructions & Notes