

By KOFI MENSAH from CRYSTAL PATISSERIE LTD



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Overview ...

U / 922183



CALORIES:

42.2% Carbs

6.5% Protein

51.3% Fat

Food Labelling...

EU Label values per 100g

Serves **15**

	PER 100G	%RI	PER 1.61KG SERVING	%RI
Energy(Kj)	1585 kJ	19%	25564 kJ	304%
Energy(kcal)	379 kcal	19%	6119 kcal	306%
Fat	21 g	30%	346 g	494%
<i>of which saturates</i>	13 g	65%	202 g	1010%
Carbohydrate	40 g	15%	643 g	247%
<i>of which sugars</i>	23 g	26%	368 g	409%
Fibre	1.2 g	5%	19 g	76%
Protein	6.1 g	12%	99 g	198%
Salt	0.33 g	6%	5.3 g	88%

CONTAINS:



WHEAT



EGGS



MILK

Nutrient Breakdown per 100g...

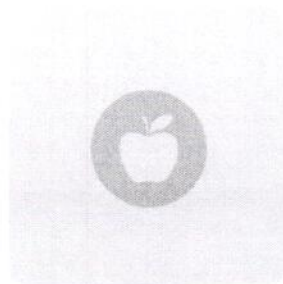
	Energy	Lipid Components		Vitamins	
Energy(kcal) 19% RI	376kcal	Saturated Fat 63% RI	12.6g	Vitamin A (ret eq) 34% RI	276ug
Energy(KJ) 19% RI	1566kJ	Monounsaturated fat 20% RI	5.8g	Retinol	252ug
Macronutrients		cis-Mono	-	Carotene	137ug
		Polyunsaturated fat 7% RI	1.1g	Vitamin D 23% RI	1.1ug
		Omega3(n-3) 9% RI	0.19g	Vitamin E 8% RI	0.93mg
		Omega6(n-6) 5% RI	0.75g	Vitamin K ₁ 2% RI	1.8ug
		cis-Poly	-	Thiamin (B ₁) 8% RI	0.09mg
Carbohydrate 15% RI	39.9g	Trans-fatty acids	0.65g	Riboflavin (B ₂) 13% RI	0.18mg
Protein 12% RI	6.1g	Cholesterol	151mg	Niacin total (B ₃) 12% RI	1.9mg
Fat 31% RI	21.5g	Minerals & trace elements		Niacin 3% RI	0.42mg
Water	30.6g			Tryptophan	30.1mg
Water from Drinks	0g			Pantothenic Acid (B ₅) 9% RI	0.51mg
Alcohol (0% ABV)	0g			Vitamin B ₆ 6% RI	0.08mg
Carbohydrate		Sodium 5% RI	132mg	Folates (B ₉) Total 9% RI	17.7ug
		Potassium 5% RI	93mg	Vitamin B ₁₂ 34% RI	0.86ug
		Chloride 11% RI	91mg	Biotin (B ₇) 12% RI	6.2ug
		Calcium 7% RI	53mg		
		Phosphorus 20% RI	143mg		
		Magnesium 3% RI	10.3mg		
		Iron 7% RI	1mg		
		Zinc 6% RI	0.55mg		
Starch	17.1g				
Oligosaccharide	0g				
Fibre 5% RI	1.2g				
NSP	0.69g				
Sugars 25% RI	22.8g				
Glucose	0g				
Galactose	0g				

Fructose	0g	Copper 8% RI	0.08mg	Vitamin C 4% RI	3.2mg
Sucrose	0.11g	Manganese 8% RI	0.17mg		
Maltose	0.02g	Selenium 13% RI	7.4ug	Other	
Lactose	0.13g	Iodine 15% RI	23.2ug	GI (estimated)	63
				GL	25.2
				Caffeine	-

Recipe Ingredients ...	Quantity:	Description:
Sugar, castor	5.44kg	
Flour, wheat, white, plain, soft	5.44kg	
Baking powder	170g	
Lemon peel, zest	400g	
Eggs, chicken, whole, raw	7.1kg	
Lemon peel,	192g	
Butter, unsalted - GB15	5.44kg	777.14 Individual foil wrapped

Products / Pack Sizes ...

1 Serving



 Product code

 Barcode

 1.61kg / 6119kcal

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Cooking Instructions & Notes