

By KOFI MENSAH from CRYSTAL PATISSERIE LTD



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Overview ...

U / 7233057



CALORIES:

50.8% Carbs

5.5% Protein

39.8% Fat

3.9% Alcohol

Food Labelling...

EU Label values per 100g

Serves **24**

	PER 100G	%RI	PER 77G SERVING	%RI
Energy(Kj)	1468 kJ	17%	1131 kJ	13%
Energy(kcal)	351 kcal	18%	270 kcal	14%
Fat	15 g	21%	12 g	17%
<i>of which saturates</i>	9 g	45%	6.9 g	35%
Carbohydrate	44 g	17%	34 g	13%
<i>of which sugars</i>	26 g	29%	20 g	22%
Fibre	2.6 g	10%	2 g	8%
Protein	4.8 g	10%	3.7 g	7%
Salt	0.31 g	5%	0.24 g	4%

CONTAINS:



WHEAT



EGGS



MILK



SULPHITES

Nutrient Breakdown per 100g...

	Energy	Lipid Components		Vitamins
Energy(kcal) 17% RI	344kcal	Saturated Fat 45% RI	9g	Vitamin A (ret eq) 25% RI 198ug
Energy(Kj) 17% RI	1441kJ	Monounsaturated fat 14% RI	4g	Retinol 176ug
		cis-Mono	-	Carotene 130ug
	Macronutrients	Polyunsaturated fat 5% RI	0.74g	Vitamin D 13% RI 0.67ug
		Omega3(n-3) 6% RI	0.13g	Vitamin E 6% RI 0.67mg
		Omega6(n-6) 3% RI	0.49g	Vitamin K 1 2% RI 1.4ug
Carbohydrate 17% RI	44g	cis-Poly	-	Thiamin (B ₁) 8% RI 0.08mg
Protein 10% RI	4.8g	Trans-fatty acids	0.47g	Riboflavin (B ₂) 9% RI 0.12mg
Fat 22% RI	15.2g	Cholesterol	91mg	Niacin total (B ₃) 10% RI 1.6mg
Water	29.1g			Niacin 4% RI 0.57mg
Water from Drinks	0g			Tryptophan 29.9mg
Alcohol (2.4% ABV)	1.9g		Minerals & trace elements	Pantothenic Acid (B ₅) 6% RI 0.39mg
	Carbohydrate	Sodium 5% RI	125mg	Vitamin B ₆ 7% RI 0.1mg
		Potassium 12% RI	241mg	Folates (B ₉) Total 7% RI 13.9ug
Starch	15.9g	Chloride 9% RI	69mg	Vitamin B ₁₂ 19% RI 0.49ug
Oligosaccharide	trace	Calcium 8% RI	63mg	Biotin (B ₇) 8% RI 3.8ug
Fibre 10% RI	2.6g	Phosphorus 19% RI	134mg	
NSP	1.4g	Magnesium 4% RI	15.3mg	
Sugars 29% RI	26.1g	Iron 9% RI	1.3mg	
Glucose	3.6g			

Galactose
Fructose
Sucrose
Maltose
Lactose

0g Zinc 5% RI
2.9g Copper 10% RI
17g Manganese 10% RI
0.02g Selenium 11% RI
0.09g Iodine 10% RI

0.46mg Vitamin C 7% RI
0.1mg
0.2mg
5.8ug
14.3ug
5.8mg
Other
GI (estimated) 57
GL 24.4
Caffeine

Recipe Ingredients ...	Quantity:	Description:
Sultanas - GB15	80g	4.44x Average Portion
Cherries, glace - GB15	100g	16.67 cherry
Candied ginger - N	10g	1/3 average piece
Orange peel, zest - N	50g	2.94x Peel from one orange
Lemon peel, zest - GB15	30g	3.75x Peel from one lemon
Figs, dried - GB15	60g	2.4x Average portion
Apricots, dried - GB15	70g	2.19x Average Portion
Prunes, ready-to-eat, semi-dried - GB15	40g	5 prune
Dark Rum	120ml	3.38 measure (Ireland)
Sugar, icing - GB15	300g	3 cup (sieved)
Flour, wheat, white, plain, soft - GB15	375g	3.02 cup
Baking powder - GB15	14g	3.5 level teaspoon
Eggs, chicken, whole, raw - GB15	300g	4.92x Large, Size 2
Butter, unsalted - GB15	300g	3/2 cup, cubed

Products / Pack Sizes ...

1 Serving



 Product code

 Barcode

 77g / 270kcal

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Cooking Instructions & Notes