

By KOFI MENSAH from CRYSTAL PATISSERIE LTD



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Overview

U / 6359946



50.7% Carbs
2.7% Protein
46.6% Fat

Food Labelling...

EU Label values per 100g

Serves **8**

	PER 100G	%RI	PER 175G SERVING	%RI
Energy(Kj)	1903 kJ	23%	3324 kJ	40%
Energy(kcal)	455 kcal	23%	794 kcal	40%
Fat	23 g	33%	41 g	59%
<i>of which saturates</i>	14 g	70%	24 g	120%
Carbohydrate	57 g	22%	100 g	38%
<i>of which sugars</i>	46 g	51%	81 g	90%
Fibre	0.7 g	3%	1.3 g	5%
Protein	3.2 g	6%	5.7 g	11%
Salt	0.18 g	3%	0.31 g	5%

CONTAINS:



WHEAT



WALNUTS



EGG



MIL

Nutrient Breakdown per 100g...

	Energy		Lipid Components		Vitamins
Energy(kcal) 23% RI	452kcal	Saturated Fat 68% RI	13.5g	Vitamin A (ret eq) 35% RI	277ug
Energy(Kj) 22% RI	1888kJ	Monounsaturated fat 20% RI	5.9g	Retinol	251ug
		cis-Mono	-	Carotene	152ug
	Macronutrients	Polyunsaturated fat 13% RI	2.1g	Vitamin D 10% RI	0.5ug
Carbohydrate 22% RI	57g	Omega3(n-3) 17% RI	0.38g	Vitamin E 6% RI	0.77mg
Protein 6% RI	3g	Omega6(n-6) 11% RI	1.5g	Vitamin K ₁ 3% RI	1.9ug
Fat 33% RI	23.4g	cis-Poly	-	Thiamin (B ₁) 5% RI	0.06mg
Water	14.2g	Trans-fatty acids	0.72g	Riboflavin (B ₂) 5% RI	0.08mg
Water from Drinks	0g	Cholesterol	84mg	Niacin total (B ₃) 7% RI	1.1mg
Alcohol (0% ABV)	0g		Minerals & trace elements	Niacin 3% RI	0.43mg
	Carbohydrate	Sodium 3% RI	70mg	Tryptophan	24.3mg
		Potassium 4% RI	86mg	Pantothenic Acid (B ₅) 4% RI	0.24mg
Starch	10.8g	Chloride 5% RI	38.8mg	Vitamin B ₆ 4% RI	0.06mg
Oligosaccharide	0g	Calcium 7% RI	55mg	Folates (B ₉) Total 4% RI	8.5ug
Fibre 3% RI	0.73g	Phosphorus 14% RI	101mg	Vitamin B ₁₂ 13% RI	0.32ug
NSP	0.53g	Magnesium 3% RI	11.6mg	Biotin (B ₇) 6% RI	2.9ug
Sugars 52% RI	46g	Iron 5% RI	0.69mg		
Glucose	0.01g	Zinc 4% RI	0.36mg		
Galactose	0g				

Fructose
 Sucrose
 Maltose
 Lactose

0.01g Copper 10% RI
 32g Manganese 11% RI
 0.01g Selenium 5% RI
 0.19g Iodine 10% RI

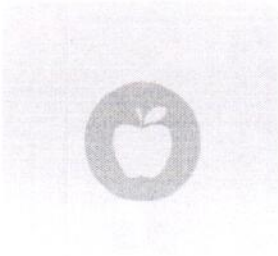
0.1mg Vitamin C 0% RI
 0.22mg
 2.6ug
 14.4ug
 GI (estimated)
 GL
 Caffeine

0.02mg
 Other
 68
 38.9
 18mg

Recipe Ingredients ...	Quantity:	Description:
Flour, wheat, white, self raising - GB15	200g	10 tablespoon
Butter, unsalted - GB15	350g	3.5/2 cup, cubed
Eggs, chicken, whole, raw - GB15	122g	NaNx Jumbo, Size 1
Sugar, caster - IE09	200g	40 teaspoon
Asda Baking Powder 170g - BRANDB	1g	NaNx Per pack
Shamrock Chopped Walnuts 80g - BRANDB	0.5g	NaNx Per pack
Walnuts, kernel only - GB15	36g	9 whole
Vanilla essence, no alcohol - N	15g	1 tablespoon
Coffee, powder, instant - GB15	8g	4 level teaspoon
Sugar, icing - GB15	450g	4.5 cup (sieved)
Milk, whole, pasteurised, average - GB15	15g	1x Prepacked portion/1 tablespo

Products / Pack Sizes ...

1 Serving



 Product code

 Barcode

 175g / 794kcal

 # 1

Cooking Instructions & Notes