

By KOFI MENSAH from CRYSTAL PATISSERIE LTD



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U / 7240365

Overview ...



CALORIES:

40.8% Carbs

8% Protein

51.3% Fat

Food Labelling...

EU Label values per 100g

Serves **24**

	PER 100G	%RI	PER 104G SERVING	%RI
Energy(Kj)	1445 kJ	17%	1502 kJ	18%
Energy(kcal)	346 kcal	17%	360 kcal	18%
Fat	20 g	29%	20 g	29%
<i>of which saturates</i>	11 g	55%	12 g	60%
Carbohydrate	35 g	13%	36 g	14%
<i>of which sugars</i>	20 g	22%	21 g	23%
Fibre	1 g	4%	1 g	4%
Protein	6.9 g	14%	7.2 g	14%
Salt	0.8 g	13%	0.84 g	14%

CONTAINS:



WHEAT

EGGS

MILK

Nutrient Breakdown per 100g...

	Energy	Lipid Components	Vitamins		
Energy(kcal) 17% RI	344kcal	Saturated Fat 57% RI	11.4g Vitamin A (ret eq) 31% RI	248ug	
Energy(Kj) 17% RI	1432kJ	Monounsaturated fat 18% RI	5.3g Retinol	228ug	
		cis-Mono	-	Carotene	122ug
	Macronutrients	Polyunsaturated fat 6% RI	1g	Vitamin D 24% RI	1.2ug
		Omega3(n-3) 8% RI	0.17g	Vitamin E 8% RI	0.92mg
		Omega6(n-6) 5% RI	0.69g	Vitamin K 1 2% RI	1.7ug
		cis-Poly	-	Thiamin (B ₁) 7% RI	0.08mg
Carbohydrate 13% RI	35g	Trans-fatty acids	0.58g	Riboflavin (B ₂) 14% RI	0.19mg
Protein 14% RI	6.8g	Cholesterol	143mg	Niacin total (B ₃) 12% RI	1.9mg
Fat 28% RI	19.6g			Niacin 2% RI	0.37mg
Water	35.3g			Tryptophan	91mg
Water from Drinks	0g			Pantothenic Acid (B ₅) 9% RI	0.54mg
Alcohol (0% ABV)	0g			Vitamin B ₆ 5% RI	0.08mg
		Minerals & trace elements		Folates (B ₉) Total 8% RI	16.4ug
	Carbohydrate	Sodium 13% RI	322mg	Vitamin B ₁₂ 32% RI	0.8ug
		Potassium 6% RI	123mg	Biotin (B ₇) 14% RI	7.1ug
		Chloride 57% RI	453mg		
		Calcium 6% RI	45mg		
		Phosphorus 15% RI	106mg		
		Magnesium 5% RI	18.4mg		
		Iron 8% RI	1.2mg		
Starch	14.9g				
Oligosaccharide	0g				
Fibre 4% RI	0.97g				
NSP	0.79g				
Sugars 22% RI	20.1g				
Glucose	0g				

Galactose	0g	Zinc 6% RI	0.6mg	Vitamin C 0% RI	0mg
Fructose	0g	Copper 13% RI	0.13mg		
Sucrose	4.9g	Manganese 8% RI	0.15mg		Other
Maltose	0.02g	Selenium 14% RI	7.6ug	GI (estimated)	64
Lactose	0.11g	Iodine 13% RI	19.5ug	GL	22.3
				Caffeine	3.2mg

Recipe Ingredients ...	Quantity:	Description:
Butter, unsalted - GB15	500g	5/2 cup, cubed
Salt - GB15	15g	3 level teaspoon
Sugar, caster - IE09	375g	1.77 cup
Vanilla essence, no alcohol - N	20g	4 teaspoon
Eggs, chicken, yolk, raw - GB15	200g	11.11x Average yolk
Sugar, brown - GB15	125g	0.83 cup unpacked
Eggs, chicken, white, raw - GB15	720g	2.96 cup
Flour, wheat, white, plain, soft - GB15	500g	4.03 cup
Baking powder - GB15	5g	1.25 level teaspoon
Cocoa powder - GB15	35g	7 teaspoon

Products / Pack Sizes ...

1 Serving



 Product code

 Barcode

 104g / 360kcal

1

Cooking Instructions & Notes