

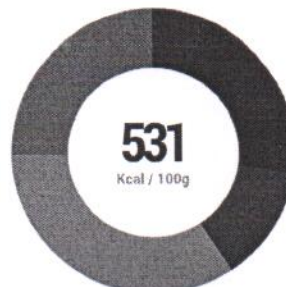
By KOFI MENSAH from CRYSTAL PATISSERIE LTD



Crystal Patisserie Ltd
Unit 17 Leyton Business Centre
Etloe Road
London, E10 7BT
Tel: 020 7101 4842
Email: Sales@crystalpatisserie.co.uk

Overview

U / 6821168



CALORIES:

34.6% Carbs

6.2% Protein

59.2% Fat

Food Labelling...

EU Label values per 100g

Serves **12**

	PER 100G	%RI	PER 63G SERVING	%RI
Energy(Kj)	2232 kJ	27%	1409 kJ	17%
Energy(kcal)	536 kcal	27%	338 kcal	17%
Fat	35 g	50%	22 g	31%
<i>of which saturates</i>	15 g	75%	9.4 g	47%
Carbohydrate	46 g	18%	29 g	11%
<i>of which sugars</i>	28 g	31%	18 g	20%
Fibre	2.4 g	10%	1.5 g	6%
Protein	8.1 g	16%	5.1 g	10%
Salt	0.02 g	0%	0.01 g	0%

CONTAINS:



WHEAT



ALMONDS



EGGS



MILK

Nutrient Breakdown per 100g...

	Energy		Lipid Components		Vitamins
Energy(kcal) 27% RI	531kcal	Saturated Fat 74% RI	14.9g	Vitamin A (ret eq) 35% RI	280ug
Energy(Kj) 26% RI	2209kJ	Monounsaturated fat 19% RI	5.6g	Retinol	253u3g
		cis-Mono	-	Carotene	161ug
	Macronutrients	Polyunsaturated fat 5% RI	0.8g	Vitamin D 5% RI	0.24ug
Carbohydrate 18% RI	46g	Omega3(n-3) 8% RI	0.18g	Vitamin E 51% RI	6.2mg
Protein 16% RI	8.2g	Omega6(n-6) 3% RI	0.43g	Vitamin K 1 3% RI	2.1ug
Fat 50% RI	34.9g	cis-Poly	-	Thiamin (B1) 6% RI	0.07mg
Water	8.1g	Trans-fatty acids	0.76g	Riboflavin (B2) 2% RI	0.03mg
Water from Drinks	0g	Cholesterol	57mg	Niacin total (B3) 6% RI	0.89mg
Alcohol (0% ABV)	0.02g		Minerals & trace elements	Niacin 2% RI	0.39mg
	Carbohydrate	Sodium 0% RI	8mg	Tryptophan	29.3mg
Starch	17.7g	Potassium 2% RI	50mg	Pantothenic Acid (B5) 2% RI	0.12mg
Oligosaccharide	0g	Chloride 6% RI	44mg	Vitamin B 6 3% RI	0.04mg
Fibre 9% RI	2.4g	Calcium 4% RI	28.9mg	Folates (B9) Total 2% RI	3.8ug
NSP	1.8g	Phosphorus 5% RI	32.9mg	Vitamin B 12 3% RI	0.08ug
Sugars 31% RI	28.3g	Magnesium 2% RI	6.2mg	Biotin (B7) 1% RI	0.49ug
Glucose	0g	Iron 4% RI	0.54mg		
Galactose	0g	Zinc 2% RI	0.22mg		

Fructose
Sucrose
Maltose
Lactose

0g Copper 6% RI
10.6g Manganese 8% RI
0.02g Selenium 1% RI
0.15g Iodine 7% RI

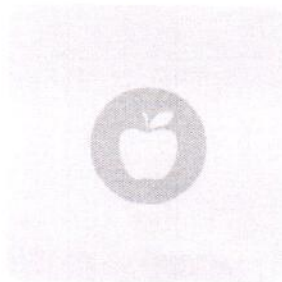
0.06mg	Vitamin C 0% RI	0mg
0.16mg		
0.72ug		Other
10.1ug		
	GI (estimated)	62
	GL	28.4
	Caffeine	-

Recipe Ingredients ...

	Quantity:	Description:
Flour, wheat, white, plain, soft - GB15	175g	2.82x Half cup
Bonne Maman Raspberry Jam 370g - BRANDB	1g	0x Per pack
Butter, unsalted - GB15	200g	2/2 cup, cubed
Sugar, caster - IE09	125g	25 teaspoon
Sainsbury's Ground Almonds 200g - BRANDB	125g	4.17x per 30g serving
Eggs, chicken, whole, raw - GB15	1g	0.02x Small, size 4
Almond Flavour Essence - N	0.5g	0 cup
Sainsbury's Flaked Almonds 200g - BRANDB	50g	0.25x Per pack
Sugar, icing - GB15	80g	0.8 cup (sieved)

Products / Pack Sizes ...

1 Serving



 Product code

 Barcode

 63g / 338kcal

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Cooking Instructions & Notes