

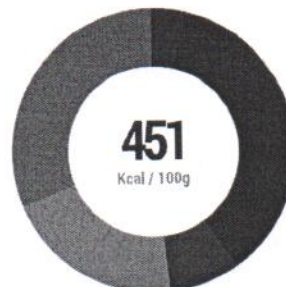
By KOFI MENSAH from CRYSTAL PATISSERIE LTD



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## Overview

U / 924828



**CALORIES:**

44.6% Carbs

3.7% Protein

51.7% Fat

## Food Labelling...

Serves **360**

EU Label values per 100g

|                           | PER 100G        | %RI | PER 82G SERVING | %RI |
|---------------------------|-----------------|-----|-----------------|-----|
| Energy(Kj)                | <b>1905</b> kJ  | 23% | <b>1553</b> kJ  | 18% |
| Energy(kcal)              | <b>456</b> kcal | 23% | <b>372</b> kcal | 19% |
| Fat                       | <b>26</b> g     | 37% | <b>21</b> g     | 30% |
| <i>of which saturates</i> | <b>16</b> g     | 80% | <b>13</b> g     | 65% |
| Carbohydrate              | <b>50</b> g     | 19% | <b>41</b> g     | 16% |
| <i>of which sugars</i>    | <b>41</b> g     | 46% | <b>34</b> g     | 38% |
| Fibre                     | <b>1.9</b> g    | 8%  | <b>1.6</b> g    | 6%  |
| Protein                   | <b>4.4</b> g    | 9%  | <b>3.6</b> g    | 7%  |
| Salt                      | <b>0.17</b> g   | 3%  | <b>0.14</b> g   | 2%  |

**CONTAINS:**



WHEAT



EGGS



MILK



SOYA

**Nutrient Breakdown per 100g...**

|                     | Energy         |                            | Lipid Components          |                             | Vitamins |
|---------------------|----------------|----------------------------|---------------------------|-----------------------------|----------|
| Energy(kcal) 23% RI | 451kcal        | Saturated Fat 78% RI       | 15.6g                     | Vitamin A (ret eq) 31% RI   | 247ug    |
| Energy(KJ) 22% RI   | 1875kJ         | Monounsaturated fat 24% RI | 7.1g                      | Retinol                     | 225ug    |
|                     |                | cis-Mono                   | -                         | Carotene                    | 136ug    |
|                     | Macronutrients | Polyunsaturated fat 7% RI  | 1.1g                      | Vitamin D 14% RI            | 0.68ug   |
|                     |                | Omega3(n-3) 8% RI          | 0.17g                     | Vitamin E 6% RI             | 0.77mg   |
|                     |                | Omega6(n-6) 4% RI          | 0.53g                     | Vitamin K 1 5% RI           | 3.4ug    |
| Carbohydrate 19% RI | 50g            | cis-Poly                   | -                         | Thiamin (B1) 4% RI          | 0.05mg   |
| Protein 8% RI       | 4.2g           | Trans-fatty acids          | 0.64g                     | Riboflavin (B2) 8% RI       | 0.11mg   |
| Fat 37% RI          | 25.9g          | Cholesterol                | 101mg                     | Niacin total (B3) 7% RI     | 1.1mg    |
| Water               | 16.8g          |                            |                           | Niacin 1% RI                | 0.19mg   |
| Water from Drinks   | 0g             |                            | Minerals & trace elements | Tryptophan                  | 14.5mg   |
| Alcohol (0% ABV)    | 0g             |                            |                           | Pantothenic Acid (B5) 5% RI | 0.33mg   |
|                     | Carbohydrate   | Sodium 3% RI               | 68mg                      | Vitamin B 6 3% RI           | 0.05mg   |
|                     |                | Potassium 8% RI            | 168mg                     | Folates (B9) Total 9% RI    | 17.5ug   |
| Starch              | 8.7g           | Chloride 6% RI             | 49mg                      | Vitamin B 12 21% RI         | 0.53ug   |
| Oligosaccharide     | 0g             | Calcium 5% RI              | 39.5mg                    | Biotin (B7) 6% RI           | 3.2ug    |
| Fibre 8% RI         | 1.9g           | Phosphorus 16% RI          | 115mg                     |                             |          |
| NSP                 | 1.4g           | Magnesium 10% RI           | 36.8mg                    |                             |          |
| Sugars 46% RI       | 41g            | Iron 16% RI                | 2.2mg                     |                             |          |
| Glucose             | 0g             | Zinc 7% RI                 | 0.73mg                    |                             |          |
| Galactose           | 0g             |                            |                           |                             |          |

Fructose  
Sucrose  
Maltose  
Lactose

0g Copper 28% RI  
9.5g Manganese 19% RI  
0.01g Selenium 8% RI  
0.46g Iodine 11% RI

|        |                 |       |
|--------|-----------------|-------|
| 0.28mg | Vitamin C 0% RI | 0mg   |
| 0.38mg |                 |       |
| 4.5ug  |                 | Other |
| 15.8ug | GI (estimated)  | 59    |
|        | GL              | 29.5  |
|        | Caffeine        | 9.2mg |

#### Recipe Ingredients ...

|                                        | Quantity: | Description:        |
|----------------------------------------|-----------|---------------------|
| Butter, unsalted                       | 6.3kg     |                     |
| Chocolate, dark, 45-59% Cocoa          | 6.3kg     |                     |
| Coffee and chicory essence, with water | 10g       | 10g including waste |
| Flour, wheat, white, plain, soft       | 3.06kg    |                     |
| Baking powder                          | 90g       |                     |
| Eggs, chicken, whole, raw              | 4.5kg     |                     |
| Sugar, castor                          | 9kg       |                     |
| Vanilla essence, no alcohol            | 90g       |                     |

#### Products / Pack Sizes ...

##### 1 Serving



 Product code  
 Barcode  
 82g / 372kcal  
# 1

#### Cooking Instructions & Notes