

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 / 921854



CALORIES:

73.4% Carbs

6.3% Protein

20.4% Fat

Food Labelling...

EU Label values per 100g

Serves **130**

	PER 100G	%RI	PER 90G SERVING	%RI
Energy(Kj)	1072 kJ	13%	961 kJ	11%
Energy(kcal)	254 kcal	13%	228 kcal	11%
Fat	5.7 g	8%	5.1 g	7%
<i>of which saturates</i>	3.2 g	16%	2.8 g	14%
Carbohydrate	46 g	18%	41 g	16%
<i>of which sugars</i>	32 g	36%	29 g	32%
Fibre	1.5 g	6%	1.4 g	6%
Protein	3.9 g	8%	3.5 g	7%
Salt	0.83 g	14%	0.75 g	13%

CONTAINS:



WHEAT



EGGS



MILK



SULPHITES

Nutrient Breakdown per 100g...

	Energy		Lipid Components		Vitamins
Energy(kcal) 13% RI	251kcal	Saturated Fat 16% RI	3.2g	Vitamin A (ret eq) 9% RI	72ug
Energy(Kj) 13% RI	1054kJ	Monounsaturated fat 5% RI	1.6g	Retinol	65ug
		cis-Mono	-	Carotene	40ug
	Macronutrients	Polyunsaturated fat 2% RI	0.35g	Vitamin D 8% RI	0.39ug
		Omega3(n-3) 2% RI	0.05g	Vitamin E 3% RI	0.35mg
		Omega6(n-6) 2% RI	0.26g	Vitamin K 1 1% RI	0.54ug
Carbohydrate 18% RI	46g	cis-Poly	-	Thiamin (B1) 7% RI	0.07mg
Protein 8% RI	3.9g	Trans-fatty acids	0.16g	Riboflavin (B2) 6% RI	0.08mg
Fat 8% RI	5.7g	Cholesterol	49mg	Niacin total (B3) 11% RI	1.7mg
Water	39.9g			Niacin 4% RI	0.67mg
Water from Drinks	0g			Tryptophan	41mg
Alcohol (0% ABV)	0g		Minerals & trace elements	Pantothenic Acid (B5) 6% RI	0.38mg
	Carbohydrate	Sodium 14% RI	333mg	Vitamin B 6 6% RI	0.08mg
		Potassium 9% RI	184mg	Folates (B9) Total 5% RI	10.5ug
Starch	14.2g	Chloride 22% RI	178mg	Vitamin B 12 12% RI	0.31ug
Oligosaccharide	0g	Calcium 5% RI	43mg	Biotin (B7) 5% RI	2.4ug
Fibre 6% RI	1.5g	Phosphorus 16% RI	115mg		
NSP	1.3g	Magnesium 4% RI	14mg		
Sugars 35% RI	31.9g	Iron 6% RI	0.83mg		
Glucose	6.7g	Zinc 4% RI	0.37mg		
Galactose	0g				

Fructose
Sucrose
Maltose
Lactose

6.2g Copper 11% RI
0.09g Manganese 10% RI
0.02g Selenium 7% RI
0.03g Iodine 5% RI

0.11mg	Vitamin C 0% RI	0mg
0.19mg		
3.6ug		Other
7.4ug	GI (estimated)	63
	GL	29
	Caffeine	-

Recipe Ingredients ...

	Quantity:	Description:
Dates, dried, flesh and skin	2.2kg	
Water, tap, drinking	3kg	
Butter, salted	625g	
Sugar, castor	2.2kg	
Eggs, chicken, whole, raw	1.25kg	
Flour, wheat, white, plain, soft	2.2kg	
Baking powder	85g	
Vanilla essence, no alcohol - N	15g	
Bicarbonate of soda	80g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

90g / 228kcal

1

Cooking Instructions & Notes