

By KOFI MENSAH from CRYSTAL PATISSERIE LTD

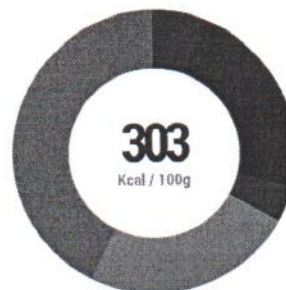


Crystal Patisserie Ltd
Unit 17 Leyton Business Centre
Etloe Road
London, E10 7BT

Tel: 020 7101 4842
Email: Sales@crystalpatisserie.co.uk

Overview

U / 926281



CALORIES:

27.6% Carbs

5.6% Protein

66.8% Fat

Food Labelling...

EU Label values per 100g

Serves **100**

	PER 100G	%RI	PER 125G SERVING	%RI
Energy(Kj)	1274 kJ	15%	1592 kJ	19%
Energy(kcal)	306 kcal	15%	383 kcal	19%
Fat	23 g	33%	28 g	40%
<i>of which saturates</i>	14 g	70%	18 g	90%
Carbohydrate	21 g	8%	26 g	10%
<i>of which sugars</i>	18 g	20%	22 g	24%
Fibre	0.5 g	2%	0.7 g	3%
Protein	4.3 g	9%	5.4 g	11%
Salt	0.33 g	6%	0.41 g	7%

CONTAINS:



Nutrient Breakdown per 100g...

	Energy		Lipid Components		Vitamins
Energy(kcal) 15% RI	303kcal	Saturated Fat 72% RI	14.3g	Vitamin A (ret eq) 34% RI	270ug
Energy(Kj) 15% RI	1260kJ	Monounsaturated fat 21% RI	6g	Retinol	222ug
		cis-Mono	-	Carotene	283ug
	Macronutrients	Polyunsaturated fat 4% RI	0.72g	Vitamin D 4% RI	0.18ug
Carbohydrate 8% RI	21g	Omega3(n-3) 2% RI	0.05g	Vitamin E 7% RI	0.79mg
Protein 9% RI	4.3g	Omega6(n-6) 1% RI	0.13g	Vitamin K 1 3% RI	2.2ug
Fat 32% RI	22.5g	cis-Poly	-	Thiamin (B1) 7% RI	0.07mg
Water	51g	Trans-fatty acids	0.51g	Riboflavin (B2) 12% RI	0.17mg
Water from Drinks	0g	Cholesterol	64mg	Niacin total (B3) 10% RI	1.6mg
Alcohol (0% ABV)	0g		Minerals & trace elements	Niacin 2% RI	0.31mg
	Carbohydrate	Sodium 5% RI	131mg	Tryptophan	72mg
Starch	3.2g	Potassium 7% RI	146mg	Pantothenic Acid (B5) 4% RI	0.22mg
Oligosaccharide	0g	Chloride 27% RI	219mg	Vitamin B6 3% RI	0.05mg
Fibre 2% RI	0.55g	Calcium 9% RI	68mg	Folates (B9) Total 6% RI	12.5ug
NSP	0.63g	Phosphorus 10% RI	73mg	Vitamin B12 10% RI	0.24ug
Sugars 20% RI	17.8g	Magnesium 3% RI	10.3mg	Biotin (B7) 5% RI	2.7ug
Glucose	0.28g	Iron 2% RI	0.27mg		
Galactose	trace	Zinc 4% RI	0.43mg		

Fructose
Sucrose
Maltose
Lactose

0.54g Copper 5% RI
7.2g Manganese 4% RI
0g Selenium 3% RI
2.3g Iodine 8% RI

0.05mg	Vitamin C 6% RI	5.2mg
0.07mg		
1.7ug		Other
11.9ug		
	GI (estimated)	61
	GL	12.8
	Caffeine	-

Recipe Ingredients ...

BISCUIT BASE FOR C/C
CHEESE CAKE MIX
Mangoes, ripe, raw, flesh only
FRUIT JELLY

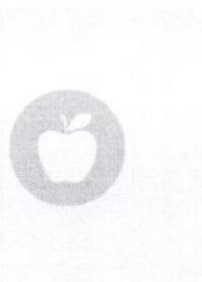
Quantity:

2.15kg
8.3kg
1kg
1.04kg

Description:

Products / Pack Sizes ...

1 Serving



 Product code

 Barcode

 125g / 383kcal

1

Cooking Instructions & Notes