

By KOFI MENSAH from CRYSTAL PATISSERIE LTD



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Overview ...

U / 6704777



73% Fat

Food Labelling...

Serves **10**

	PER 100G	%RI	PER 128G SERVING	%RI
Energy(Kj)	1234 kJ	15%	1585 kJ	19%
Energy(kcal)	298 kcal	15%	382 kcal	19%
Fat	24 g	34%	30 g	43%
<i>of which saturates</i>	15 g	75%	19 g	95%
Carbohydrate	16 g	6%	21 g	8%
<i>of which sugars</i>	9.4 g	10%	12 g	13%
Fibre	2.4 g	10%	3.1 g	12%
Protein	3.4 g	7%	4.4 g	9%
Salt	0.31 g	5%	0.4 g	7%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

Nutrient Breakdown per 100g...

Energy		Lipid Components		Vitamins	
Energy(kcal) 15% RI	291kcal	Saturated Fat 74% RI	14.8g	Vitamin A (ret eq) 33% RI	265ug
Energy(KJ) 14% RI	1208kJ	Monounsaturated fat 23% RI	6.5g	Retinol	238ug
		cis-Mono	-	Carotene	166ug
	Macronutrients	Polyunsaturated fat 6% RI	0.91g	Vitamin D 4% RI	0.18ug
		Omega3(n-3) 6% RI	0.12g	Vitamin E 6% RI	0.66mg
		Omega6(n-6) 2% RI	0.34g	Vitamin K 1 6% RI	4.2ug
		cis-Poly	-	Thiamin (B1) 4% RI	0.04mg
Carbohydrate 6% RI	16.3g	Trans-fatty acids	0.7g	Riboflavin (B2) 8% RI	0.12mg
Protein 7% RI	3.5g	Cholesterol	58mg	Niacin total (B3) 8% RI	1.3mg
Fat 34% RI	23.6g			Niacin 2% RI	0.36mg
Water	55g			Tryptophan	52mg
Water from Drinks	0g			Pantothenic Acid (B5) 5% RI	0.28mg
Alcohol (0% ABV)	0g			Vitamin B 6 2% RI	0.03mg
			Minerals & trace elements	Folates (B9) Total 14% RI	27.4ug
	Carbohydrate	Sodium 5% RI	124mg	Vitamin B 12 9% RI	0.23ug
		Potassium 8% RI	154mg	Biotin (B7) 4% RI	2.1ug
Starch	6.9g	Chloride 30% RI	240mg		
Oligosaccharide	0g	Calcium 6% RI	46mg		
Fibre 10% RI	2.4g	Phosphorus 11% RI	75mg		
NSP	1.1g	Magnesium 6% RI	24.2mg		
Sugars 10% RI	9.4g	Iron 7% RI	1mg		
Glucose	0.93g	Zinc 5% RI	0.54mg		
Galactose	0g				

Fructose
Sucrose
Maltose
Lactose

0.97g Copper 14% RI
6.5g Manganese 14% RI
0.01g Selenium 4% RI
0.95g Iodine 8% RI

0.14mg Vitamin C 23% RI 18.3mg
0.29mg
2.3ug Other
11.6ug
GI (estimated) 52
GL 15.1
Caffeine 6.2mg

Recipe Ingredients ...

	Quantity:	Description:
SWEET PASTE FLAN	287g	1x Recipe Total
Chocolate, dark, 70-84% Cocoa - N	100g	4.55x Serving (6 squares or one l
Strawberries, raw - GB15	400g	2.5 cup, halves
Cheese, spreadable, full fat, soft, white - GB15	300g	12.5x Average Portion
Vanilla essence, no alcohol - N	5g	1 teaspoon
Lemon peel, zest - GB15	4g	2 teaspoon
Cream, fresh, double, including Jersey cream - GB15	188g	11.75 tablespoon

Products / Pack Sizes ...

1 Serving



 Product code

 Barcode

 128g / 382kcal

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Cooking Instructions & Notes