

By KOFI MENSAH from CRYSTAL PATISSERIE LTD

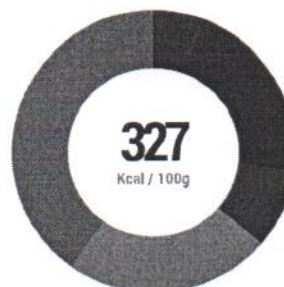


Crystal Patisserie Ltd
Unit 17 Leyton Business Centre
Etloe Road
London, E10 7BT

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

Overview

U / 6814889



CALORIES:

30.6% Carbs

5.7% Protein

63.7% Fat

Food Labelling...

EU Label values per 100g

Serves **120**

	PER 100G	%RI	PER 88G SERVING	%RI
Energy(Kj)	1371 kJ	16%	1213 kJ	14%
Energy(kcal)	330 kcal	17%	291 kcal	15%
Fat	23 g	33%	20 g	29%
<i>of which saturates</i>	15 g	75%	13 g	65%
Carbohydrate	25 g	10%	22 g	8%
<i>of which sugars</i>	18 g	20%	15 g	17%
Fibre	1.2 g	5%	1 g	4%
Protein	4.6 g	9%	4.1 g	8%
Salt	0.51 g	9%	0.45 g	8%

CONTAINS:



WHEAT



EGGS



MATH 1

Nutrient Breakdown per 100g...

	Energy		Lipid Components		Vitamins
Energy(kcal) 16% RI	327kcal	Saturated Fat 73% RI	14.6g	Vitamin A (ret eq) 32% RI	257ug
Energy(kJ) 16% RI	1359kJ	Monounsaturated fat 21% RI	6.1g	Retinol	229ug
		cis-Mono	-	Carotene	168ug
	Macronutrients	Polyunsaturated fat 5% RI	0.82g	Vitamin D 7% RI	0.33ug
Carbohydrate 10% RI	25.1g	Omega3(n-3) 3% RI	0.07g	Vitamin E 5% RI	0.54mg
Protein 9% RI	4.7g	Omega6(n-6) 2% RI	0.23g	Vitamin K ₁ 4% RI	2.6ug
Fat 33% RI	23.1g	cis-Poly	-	Thiamin (B ₁) 5% RI	0.05mg
Water	45g	Trans-fatty acids	0.62g	Riboflavin (B ₂) 14% RI	0.2mg
Water from Drinks	0g	Cholesterol	82mg	Niacin total (B ₃) 12% RI	1.9mg
Alcohol (0% ABV)	0g			Niacin 2% RI	0.25mg
	Carbohydrate			Tryptophan	88mg
Starch	7.5g	Sodium 9% RI	205mg	Pantothenic Acid (B ₅) 5% RI	0.31mg
Oligosaccharide	0g	Potassium 5% RI	105mg	Vitamin B ₆ 3% RI	0.04mg
Fibre 5% RI	1.2g	Chloride 40% RI	319mg	Folates (B ₉) Total 8% RI	15.3ug
NSP	1.1g	Calcium 10% RI	84mg	Vitamin B ₁₂ 16% RI	0.4ug
Sugars 19% RI	17.5g	Phosphorus 14% RI	100mg	Biotin (B ₇) 8% RI	3.8ug
Glucose	0g	Magnesium 4% RI	15mg		
Galactose	0g	Iron 4% RI	0.53mg		
		Zinc 7% RI	0.67mg		

Fructose
Sucrose
Maltose
Lactose

0g Copper 3% RI
5.3g Manganese 6% RI
0.01g Selenium 5% RI
2.4g Iodine 11% RI

0.03mg Vitamin C 1% RI
0.11mg
3ug
16.5ug
GI (estimated)
GL
Caffeine
0.46mg
Other
62
15.5
-

Recipe Ingredients ...

	Quantity:	Description:
SWEET PASTE FLAN	1.44kg	Infinity Serving
Cheese, spreadable, full fat, soft, white - GB15	4.17kg	173.75x Average Portion
Sugar, caster - IE09	581g	83x Average Portion
Milk, condensed, whole, sweetened - GB15	681g	3 can (carnation)
Vanilla essence, no alcohol - N	10g	2 teaspoon
Milk, whole, pasteurised, average - GB15	426g	3.16x On cereal (30-35g portion)
Agar, dried	99g	
Cream, fresh, whipping - GB15	1.28kg	160 teaspoon
vanilla sponge	1.93kg	1x Recipe Total

Products / Pack Sizes ...

1 Serving



 Product code

 Barcode

 88g / 291kcal

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Cooking Instructions & Notes