

By KOFI MENSAH from CRYSTAL PATISSERIE LTD



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Overview

U / 1047089



CALORIES:

28.5% Carbs

7.2% Protein

64.3% Fat

Food Labelling...

EU Label values per 100g

Serves **80**

	PER 100G	%RI	PER 113G SERVING	%RI
Energy(Kj)	1241 kJ	15%	1406 kJ	17%
Energy(kcal)	298 kcal	15%	338 kcal	17%
Fat	21 g	30%	24 g	34%
<i>of which saturates</i>	13 g	65%	15 g	75%
Carbohydrate	21 g	8%	24 g	9%
<i>of which sugars</i>	16 g	18%	18 g	20%
Fibre	0.5 g	2%	0.5 g	2%
Protein	5.3 g	11%	6 g	12%
Salt	0.5 g	8%	0.57 g	10%

CONTAINS:



WHEAT



EGGS



MILK

Nutrient Breakdown per 100g...

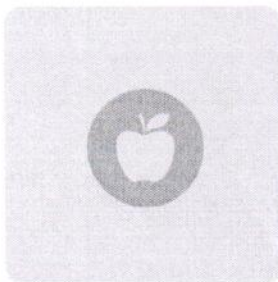
		Energy	Lipid Components		Vitamins
Energy(kcal) 15% RI	297kcal	Saturated Fat 65% RI	13g	Vitamin A (ret eq) 29% RI	231ug
Energy(kJ) 15% RI	1234kJ	Monounsaturated fat 20% RI	5.7g	Retinol	207ug
		cis-Mono	-	Carotene	146ug
	Macronutrients	Polyunsaturated fat 6% RI	0.91g	Vitamin D 16% RI	0.79ug
		Omega3(n-3) 3% RI	0.06g	Vitamin E 5% RI	0.62mg
Carbohydrate 8% RI	21.3g	Omega6(n-6) 2% RI	0.35g	Vitamin K 1 3% RI	2.5ug
Protein 11% RI	5.3g	cis-Poly	-	Thiamin (B1) 4% RI	0.05mg
Fat 30% RI	21.3g	Trans-fatty acids	0.55g	Riboflavin (B2) 16% RI	0.23mg
Water	51g	Cholesterol	125mg	Niacin total (B3) 13% RI	2.1mg
Water from Drinks	0g			Niacin 1% RI	0.16mg
Alcohol (0% ABV)	0g			Tryptophan	86mg
			Minerals & trace elements	Pantothenic Acid (B5) 7% RI	0.41mg
	Carbohydrate	Sodium 8% RI	200mg	Vitamin B 6 3% RI	0.04mg
		Potassium 4% RI	86mg	Folates (B9) Total 11% RI	21.2ug
Starch	5.4g	Chloride 37% RI	300mg	Vitamin B 12 28% RI	0.7ug
Oligosaccharide	0g	Calcium 7% RI	59mg	Biotin (B7) 13% RI	6.4ug
Fibre 1% RI	0.28g	Phosphorus 15% RI	107mg		
NSP	0.17g	Magnesium 2% RI	7.7mg		
Sugars 18% RI	15.9g	Iron 3% RI	0.49mg		
Glucose	0g	Zinc 6% RI	0.63mg		
Galactose	0g				

Fructose	trace	Copper 4% RI	0.04mg	Vitamin C 1% RI	1mg
Sucrose	0.03g	Manganese 2% RI	0.05mg		
Maltose	0.01g	Selenium 11% RI	5.9ug		Other
Lactose	1.6g	Iodine 11% RI	16.3ug	GI (estimated)	63
				GL	13.4
				Caffeine	-

Recipe Ingredients ...	Quantity:	Description:
Vanilla essence, no alcohol	90g	
Flour, corn	120g	
Cream, fresh, whipping	960g	960g
Eggs, chicken, yolk, raw	120g	
Eggs, chicken, whole, raw	900g	
Sugar, castor	840g	
Cheese, spreadable, full fat, soft, white	4.08kg	
Lemon peel, zest	30g	
vanilla sponge	1.93kg	1x Recipe Total

Products / Pack Sizes ...

1 Serving



Product code

Barcode

113g / 338kcal

Number of servings

Net pack weight

Cooking Instructions & Notes