

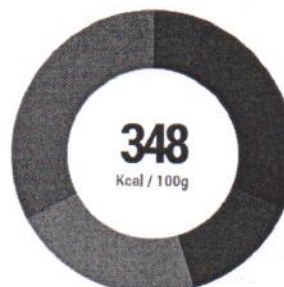
By KOFI MENSAH from CRYSTAL PATISSERIE LTD



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Overview ...

U / 452626



CALORIES:

39.4% Carbs

5.8% Protein

54.8% Fat

Food Labelling...

EU Label values per 100g

Serves **25**

	PER 100G	%RI	PER 42G SERVING	%RI
Energy(Kj)	1470 kJ	18%	614 kJ	7%
Energy(kcal)	352 kcal	18%	147 kcal	7%
Fat	21 g	30%	8.9 g	13%
<i>of which saturates</i>	13 g	65%	5.3 g	27%
Carbohydrate	34 g	13%	14 g	5%
<i>of which sugars</i>	22 g	24%	9.2 g	10%
Fibre	0.7 g	3%	0.5 g	2%
Protein	5.1 g	10%	2.1 g	4%
Salt	0.27 g	5%	0.11 g	2%

CONTAINS:



WHEAT



EGGS



MILK

Nutrient Breakdown per 100g...

	Energy	Lipid Components		Vitamins	
Energy(kcal) 17% RI	348kcal	Saturated Fat 63% RI	12.6g	Vitamin A (ret eq) 34% RI	273ug
Energy(Kj) 17% RI	1448kJ	Monounsaturated fat 19% RI	5.6g	Retinol	249ug
		cis-Mono	-	Carotene	142ug
	Macronutrients	Polyunsaturated fat 6% RI	1g	Vitamin D 18% RI	0.92ug
Carbohydrate 13% RI	34.4g	Omega3(n-3) 8% RI	0.19g	Vitamin E 7% RI	0.81mg
Protein 10% RI	5g	Omega6(n-6) 5% RI	0.65g	Vitamin K ₁ 2% RI	1.8ug
Fat 30% RI	21.2g	cis-Poly	-	Thiamin (B ₁) 6% RI	0.07mg
Water	37.3g	Trans-fatty acids	0.66g	Riboflavin (B ₂) 10% RI	0.14mg
Water from Drinks	0g	Cholesterol	127mg	Niacin total (B ₃) 9% RI	1.4mg
Alcohol (0% ABV)	0g		Minerals & trace elements	Niacin 2% RI	0.32mg
	Carbohydrate	Sodium 5% RI	108mg	Tryptophan	21.8mg
		Potassium 4% RI	90mg	Pantothenic Acid (B ₅) 7% RI	0.4mg
Starch	12.3g	Chloride 22% RI	174mg	Vitamin B ₆ 5% RI	0.07mg
Oligosaccharide	0g	Calcium 4% RI	34.8mg	Folates (B ₉) Total 8% RI	15.2ug
Fibre 3% RI	0.75g	Phosphorus 9% RI	65mg	Vitamin B ₁₂ 27% RI	0.67ug
NSP	0.52g	Magnesium 2% RI	8.6mg	Biotin (B ₇) 9% RI	4.7ug
Sugars 25% RI	22.1g	Iron 6% RI	0.8mg		
Glucose	0.08g				

Galactose
Fructose
Sucrose
Maltose
Lactose

0g
0.14g
8.1g
0.02g
0.13g

Zinc 4% RI
Copper 6% RI
Manganese 6% RI
Selenium 11% RI
Iodine 13% RI

0.41mg
0.06mg
0.12mg
5.9ug
19.9ug

Vitamin C 8% RI
GI (estimated)
GL
Caffeine

6.5mg
Other
64
21.8
.

Recipe Ingredients ...

	Quantity:	Description:
Lemon juice, fresh	160g	
Lemon peel, zest - GB15	8g	
Butter, unsalted	142g	
Eggs, whole, raw	200g	
Gelatine	5g	5g including waste
Sugar, castor	142g	
LINING PASTE FLAN	388g	

Products / Pack Sizes ...

1 Serving



 Product code

 Barcode

 42g / 147kcal

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Cooking Instructions & Notes