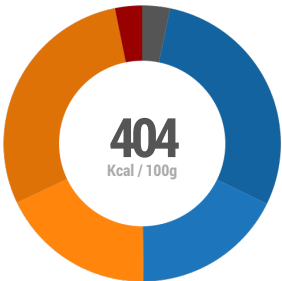


MINCE PIES

By Nana Buadi from Crystal Patisserie Ltd



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CALORIES:

46.6% Carbs

3.2% Protein

47% Fat

3.2% Alcohol

Food Labelling...

EU Label values per 100g

Serves 120

	PER 100G	%RI	PER 29G SERVING	%RI	CONTAINS:			
Energy(Kj)	1708 kJ	20%	495 kJ	6%				
Energy(kcal)	409 kcal	20%	118 kcal	6%	WHEAT	EGGS	MILK	SULPHITES
Fat	21 g	30%	6.1 g	9%				
of which saturates	13 g	65%	3.8 g	19%				
Carbohydrate	47 g	18%	14 g	5%				
of which sugars	29 g	32%	8.5 g	9%				
Fibre	1.9 g	8%	0.5 g	2%				
Protein	3.3 g	7%	0.9 g	2%				
Salt	0.43 g	7%	0.12 g	2%				
HFSS Rating	20	points						

Nutrient Breakdown per 100g...

Energy		Lipid Components		Vitamins	
Energy(kcal) 20% RI	404kcal	Saturated Fat 65% RI	13g	Vitamin A (ret eq) 32% RI	255ug
Energy(Kj) 20% RI	1689kJ	Monounsaturated fat 19% RI	5.4g	Retinol	230ug
Macronutrients		cis-Mono	-	Carotene	146ug
Carbohydrate 18% RI	47g	Polyunsaturated fat 6% RI	0.8841g	Vitamin D 6% RI	0.3149ug
Protein 7% RI	3.3g	Omega3(n-3) 8% RI	0.1714g	Vitamin E 7% RI	0.8442mg
Fat 30% RI	21.1g	Omega6(n-6) 3% RI	0.4426g	Vitamin K ₁ 3% RI	2.1ug
Water	22.9g	cis-Poly	-	Thiamin (B ₁) 9% RI	0.099mg
Water from Drinks	0g	Trans-fatty acids	0.6781g	Riboflavin (B ₂) 4% RI	0.0591mg
Alcohol (2.3% ABV)	1.8g	Cholesterol	62mg	Niacin total (B ₃) 7% RI	1.1mg
Carbohydrate		Minerals & trace elements		Niacin 3% RI	0.5163mg
Starch	17.8g	Sodium 7% RI	171mg	Tryptophan	31.2mg
Oligosaccharide	0g	Potassium 10% RI	202mg	Pantothenic Acid (B ₅) 3% RI	0.1788mg
Fibre 8% RI	1.9g	Chloride 35% RI	278mg	Vitamin B ₆ 6% RI	0.087mg
NSP	1.2g	Calcium 6% RI	47mg	Folates (B ₉) Total 4% RI	7.3ug
		Phosphorus 7% RI	50mg		

Sugars 33% RI	29.3g	Magnesium 3% RI	12.8mg	Vitamin B ₁₂ 6% RI	0.1573ug
Glucose	5.5g	Iron 9% RI	1.2mg	Biotin (B ₇) 3% RI	1.7ug
Galactose	0g	Zinc 3% RI	0.3205mg	Vitamin C 4% RI	2.8mg
Fructose	11.3g	Copper 14% RI	0.1373mg		Other
Sucrose	11.6g	Manganese 12% RI	0.2434mg		
Maltose	0.6401g	Selenium 6% RI	3.1ug	GI (estimated)	60
Lactose	0.1346g	Iodine 7% RI	10.7ug	GL	28.3
				Caffeine	-

Recipe Ingredients ...	Quantity:	Description:
SWEET PASTE..	2kg	7x Recipe Total
Raisins.. - GB15	165g	1x cup (packed)
Sultanas.. - GB15	165g	1x cup (packed)
Peel, mixed..	100g	
Apples, cooking, raw, flesh only, peeled.. - GB15	150g	1x medium apple
Butter, unsalted..	125g	1.3x /2 cup, cubed
Sugar, Muscovado..	225g	1.5x cup unpacked
Cinnamon, ground.. - GB15	1.1g	0.5x teaspoon
Nutmeg, ground.. - GB15	1.1g	0.5x teaspoon
Ginger, ground.. - GB15	0.95g	0.5x teaspoon
Lemons, whole, without pips.. - GB15	130g	1x Average lemon
Spirits, 40% volume..	200ml	8x measure (UK)
Currants.. - GB15	165g	1 cup (packed)
Suet, vegetable, reduced fat.. - GB23	50g	10 teaspoon
Cloves, dried.. - GB23	1.1g	0 mug
Coriander leaves, dried.. - GB23	1.1g	2.2 level teaspoon

Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **29g** / **118kcal**

 **# 1**