

Recipe : **6 Grain**

Recipe number :299 Last updated :13/12/2016 12:21

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
102447	Salt	0.799	0.008
102880	Yeast, bakers, compressed	1.199	0.012
120074	Mathews Organic Strong White	32.967	0.330
11004	Barley, whole grain, raw	16.583	0.166
1186	Water	28.971	0.290
120114	6 Grain Sponge	18.981	0.190
17008	Ghee, palm	0.500	0.005

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1055kJ /249kcal [13%]	
PROTEIN	8.4 g	
CARBOHYDRATE	48.2 g	Trace
(of which Sugars)	(1.1 g)	Trace
FAT	1.8 g	Trace
(of which Saturates)	(0.4 g)	Trace
FIBRE	4.9 g	Trace
SODIUM	0.4 g	Trace

Figures in brackets [] represent percentages of the RDA (Food Labelling Regulations, EU1169/2011)

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		% of energy from protein	13.5 %
		% of energy from fat	6.6 %
<i>*as monosaccharides</i>	3.5	% of energy from saturates	1.5 %
	0.0		

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g protein/100 kcal	FULL
Weight Watchers Points	

ANALYSIS (per 100g)

Nutrient data presented in UK Food Composition Table format.

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Nutrient	Amount per 100g	Nutrient	Amount per 100g
Energy (kcal)	250	Vitamin E (mg)	0.21
Energy (kJ)	1063	Thiamin (mg)	0.07
Nitrogen (g)	1.34	Riboflavin (mg)	0.04
Protein (g)	8.2	Niacin equivalents (mg)	1.61
Fat (g)	1.8	Niacin (mg)	1.10
Saturates (g)	0.4	Potential Niacin (mg)	0.51
Monounsaturates (g)	0.2	Vitamin B6 (mg)	0.11
Polyunsaturates (g)	0.3	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	25.86
Carbohydrate (g)*	53.5	Pantothenic Acid (mg)	0.2
Sugars (g)*	1.1	Biotin (µg)	2.64
Starch (g)*	52.4	Vitamin C (mg)	0
AOAC Fibre (g)	3.2	Alcohol (g)	0.0
Englyst Fibre (g)	4.9	Water (g)	24.17
Sodium (mg)	351	Cost (£)	0.020
Potassium (mg)	112		
Calcium (mg)	10	Organic acids (g)	
Magnesium (mg)	18	Polyols	
Phosphorus (mg)	75	Inulin (g)	
Iron (mg)	1.18	New descriptor 4	
Copper (mg)	0.08	New descriptor 5	
Zinc (mg)	0.65	New descriptor 6	
Chlorine (mg)	536	New descriptor 7	
Manganese (mg)	0.31	New descriptor 8	
Selenium (µg)	0	New descriptor 9	
Iodine (µg)	2	New descriptor 10	
Vitamin A r.e. (µg)	0	New descriptor 11	
Retinol (µg)	0	New descriptor 12	
Carotene (µg)	0	New descriptor 13	
Vitamin D (µg)	0.00	Vitamin K (µg)	
		NMES (g)	