

Recipe : **Arame Filling**

Recipe number :246 Last updated :21/11/2016 10:58

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
100532	Carrots, old, raw	7.852	1.448
100568	Celeriac, raw	5.401	0.996
100445	Broccoli, green, raw	5.948	1.097
101112	Fennel, Florence, raw	3.102	0.572
100571	Celery, raw	7.597	1.401
100482	Cabbage, average, raw	4.148	0.765
101809	Onions, raw	6.501	1.199
100565	Cauliflower, raw	5.401	0.996
102529	Seaweed, kombu, dried, raw	0.249	0.046
13121	Tofu, soya bean, fu juk	3.801	0.701
120076	Pastry	50.000	9.221

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	622kJ /148kcal [7%]	
PROTEIN	5.0 g	
CARBOHYDRATE	20.9 g	Trace
(of which Sugars)	(1.9 g)	Trace
FAT	4.7 g	Trace
(of which Saturates)	(1.7 g)	Trace
FIBRE	2.1 g	Trace
SODIUM	0.2 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	28.4 %
<i>*as monosaccharides</i>	3.4	% of energy from saturates	10.2 %
	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)	147	Vitamin E (mg)	0.15
Energy (kJ)	621	Thiamin (mg)	0.06
Nitrogen (g)	0.80	Riboflavin (mg)	0.02
Protein (g)	5.0	Niacin equivalent (mg)	0.60
Fat (g)	4.7	Niacin (mg)	0.19
Saturates (g)	1.7	Potential Niacin (mg)	0.41
Monounsaturates (g)	0.0	Vitamin B6 (mg)	0.04
Polyunsaturates (g)	0.1	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	17.93
Carbohydrate (g)*	23.0	Pantothenic Acid (mg)	0.2
Sugars (g)*	2.0	Biotin (µg)	0.44
Starch (g)*	19.8	Vitamin C (mg)	12
AOAC Fibre (g)	1.2	Alcohol (g)	0.0
Englyst Fibre (g)	2.1	Water (g)	42.04
Sodium (mg)	218	Cost (£)	0.347
Potassium (mg)	135		
Calcium (mg)	31	Organic acids (g)	
Magnesium (mg)	7	Polyols	
Phosphorus (mg)	17	Inulin (g)	
Iron (mg)	0.30	New descriptor 4	
Copper (mg)	0.02	New descriptor 5	
Zinc (mg)	0.14	New descriptor 6	
Chlorine (mg)	37	New descriptor 7	
Manganese (mg)	0.06	New descriptor 8	
Selenium (µg)	0	New descriptor 9	
Iodine (µg)	1099	New descriptor 10	
Vitamin A r.e. (µg)	163	New descriptor 11	
Retinol (µg)	0	New descriptor 12	
Carotene (µg)	979	New descriptor 13	
Vitamin D (µg)	0.00	Vitamin K (µg)	19.746
		NMES (g)	