

Recipe : **Baguettes**

Recipe number :311 Last updated :14/12/2016 16:45

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
102880	Yeast, bakers, compressed	1.511	0.017
102447	Salt	0.800	0.009
1186	Water	32.267	0.363
120074	Mathews Organic Strong White	39.111	0.440
120075	Mathews Organiic Wholemeal	19.556	0.220
120118	Palm Fat	6.489	0.073
120117	Fermex Improver	0.267	0.003

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1242kJ /295kcal [15%]	
PROTEIN	8.1 g	
CARBOHYDRATE	46.8 g	Trace
(of which Sugars)	(1.1 g)	Trace
FAT	8.3 g	Trace
(of which Saturates)	(3.7 g)	Trace
FIBRE	3.3 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	11.0 %
		% of energy from fat	25.4 %
<i>*as monosaccharides</i>	2.7	% of energy from saturates	11.3 %
	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)	302	Vitamin E (mg)	0.00
Energy (kJ)	1276	Thiamin (mg)	0.01
Nitrogen (g)	1.29	Riboflavin (mg)	0.03
Protein (g)	8.1	Niacin equivalents (mg)	0.22
Fat (g)	8.3	Niacin (mg)	0.18
Saturates (g)	3.7	Potential Niacin (mg)	0.03
Monounsaturates (g)	3.0	Vitamin B6 (mg)	0.01
Polyunsaturates (g)	1.2	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	20.99
Carbohydrate (g)*	52.0	Pantothenic Acid (mg)	0.1
Sugars (g)*	1.1	Biotin (µg)	1.01
Starch (g)*	50.9	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	3.3	Water (g)	25.92
Sodium (mg)	352	Cost (£)	0.023
Potassium (mg)	11		
Calcium (mg)	1	Organic acids (g)	
Magnesium (mg)	2	Polyols	
Phosphorus (mg)	7	Inulin (g)	
Iron (mg)	0.09	New descriptor 4	
Copper (mg)	0.03	New descriptor 5	
Zinc (mg)	0.05	New descriptor 6	
Chlorine (mg)	533	New descriptor 7	
Manganese (mg)	0.00	New descriptor 8	
Selenium (µg)	0	New descriptor 9	
Iodine (µg)	0	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)	