

Recipe : **Bengal Burger**

Recipe number :259 Last updated :21/11/2016 14:45

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
11442	Brown rice, raw	5.500	2.145
100105	Barley, pearl, raw	5.500	2.145
11016	Millet flour	5.500	2.145
120072	Shiptons Light Rye Flour	5.500	2.145
11069	Breadcrumbs, manufactured	15.300	5.967
13121	Tofu, soya bean, fu juk	15.300	5.967
101789	Okra, raw	20.400	7.956
101809	Onions, raw	8.900	3.471
100532	Carrots, old, raw	8.900	3.471
17334	Soya sauce	1.900	0.741
102447	Salt	0.600	0.234
100898	Cumin seeds	0.300	0.117
101114	Fenugreek seeds	0.300	0.117
101110	Fennel seeds	0.300	0.117
120057	Kalonji Seed	0.300	0.117
120095	Oat Groats	5.500	2.145

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	974kJ /231kcal [12%]	
PROTEIN	11.8 g	
CARBOHYDRATE	35.5 g	Trace
(of which Sugars)	(2.8 g)	Trace
FAT	4.1 g	Trace
(of which Saturates)	(0.2 g)	Trace
FIBRE	2.5 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	20.4 %
		% of energy from fat	16.1 %
<i>*as monosaccharides</i>	5.2	% of energy from saturates	0.8 %
	0.0		

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g protein/100 kcal

Weight Watchers Points

FULL

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)	226	Vitamin E (mg)	0.11
Energy (kJ)	954	Thiamin (mg)	0.23
Nitrogen (g)	1.88	Riboflavin (mg)	0.05
Protein (g)	11.6	Niacin equivalents (mg)	3.02
Fat (g)	4.1	Niacin (mg)	1.15
Saturates (g)	0.2	Potential Niacin (mg)	1.86
Monounsaturates (g)	0.3	Vitamin B6 (mg)	0.08
Polyunsaturates (g)	0.3	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	26.80
Carbohydrate (g)*	39.0	Pantothenic Acid (mg)	0.1
Sugars (g)*	3.0	Biotin (µg)	0.12
Starch (g)*	28.1	Vitamin C (mg)	5
AOAC Fibre (g)	2.2	Alcohol (g)	0.0
Englyst Fibre (g)	2.5	Water (g)	39.70
Sodium (mg)	440	Cost (£)	0.364
Potassium (mg)	190		
Calcium (mg)	116	Organic acids (g)	
Magnesium (mg)	34	Polyols	
Phosphorus (mg)	83	Inulin (g)	0.184
Iron (mg)	1.36	New descriptor 4	
Copper (mg)	0.16	New descriptor 5	
Zinc (mg)	0.56	New descriptor 6	
Chlorine (mg)	711	New descriptor 7	
Manganese (mg)	0.37	New descriptor 8	
Selenium (µg)	1	New descriptor 9	
Iodine (µg)	0	New descriptor 10	
Vitamin A r.e. (µg)	193	New descriptor 11	
Retinol (µg)	0	New descriptor 12	
Carotene (µg)	1156	New descriptor 13	
Vitamin D (µg)	0.00	Vitamin K (µg)	0.506
		NMES (g)	0.139