

Recipe : **Burger Mexican**

Recipe number :257 Last updated :21/11/2016 12:52

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
11442	Brown rice, raw	4.900	2.156
100105	Barley, pearl, raw	4.900	2.156
11016	Millet flour	4.900	2.156
120072	Shiptons Light Rye Flour	4.900	2.156
11069	Breadcrumbs, manufactured	13.600	5.984
13121	Tofu, soya bean, fu juk	13.600	5.984
101789	Okra, raw	18.200	8.008
101809	Onions, raw	7.900	3.476
100532	Carrots, old, raw	7.900	3.476
17334	Soya sauce	1.700	0.748
102447	Salt	0.500	0.220
101965	Pepper, capsicum, red, raw	11.300	4.972
100731	Chilli powder	0.450	0.198
101856	Paprika	0.350	0.154
120095	Oat Groats	4.900	2.156

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	875kJ /207kcal [10%]	
PROTEIN	10.5 g	
CARBOHYDRATE	31.9 g	Trace
(of which Sugars)	(2.9 g)	Trace
FAT	3.6 g	Trace
(of which Saturates)	(0.2 g)	Trace
FIBRE	2.3 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	20.2 %
		% of energy from fat	15.8 %
<i>*as monosaccharides</i>	5.2	% of energy from saturates	0.9 %
	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)	202	Vitamin E (mg)	0.20
Energy (kJ)	854	Thiamin (mg)	0.21
Nitrogen (g)	1.68	Riboflavin (mg)	0.06
Protein (g)	10.3	Niacin equivalents (mg)	2.79
Fat (g)	3.6	Niacin (mg)	1.13
Saturates (g)	0.2	Potential Niacin (mg)	1.66
Monounsaturates (g)	0.2	Vitamin B6 (mg)	0.11
Polyunsaturates (g)	0.4	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	32.44
Carbohydrate (g)*	35.1	Pantothenic Acid (mg)	0.1
Sugars (g)*	3.1	Biotin (µg)	0.48
Starch (g)*	25.0	Vitamin C (mg)	18
AOAC Fibre (g)	2.4	Alcohol (g)	0.0
Englyst Fibre (g)	2.3	Water (g)	45.86
Sodium (mg)	396	Cost (£)	0.419
Potassium (mg)	199		
Calcium (mg)	100	Organic acids (g)	
Magnesium (mg)	30	Polyols	
Phosphorus (mg)	76	Inulin (g)	0.163
Iron (mg)	1.13	New descriptor 4	
Copper (mg)	0.14	New descriptor 5	
Zinc (mg)	0.51	New descriptor 6	
Chlorine (mg)	646	New descriptor 7	
Manganese (mg)	0.33	New descriptor 8	
Selenium (µg)	1	New descriptor 9	
Iodine (µg)	1	New descriptor 10	
Vitamin A r.e. (µg)	212	New descriptor 11	
Retinol (µg)	0	New descriptor 12	
Carotene (µg)	1273	New descriptor 13	
Vitamin D (µg)	0.00	Vitamin K (µg)	1.091
		NMES (g)	0.124