

Recipe : **Ciabatta Bread**

Recipe number :273 Last updated :12/12/2016 07:47

Group :NOT ALLOCATED TO A GROUP

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FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
120074	Mathews Organic Strong White	46.630	2.200
120072	Shiptons Light Rye Flour	1.272	0.060
11436	Rye flour, whole	1.272	0.060
120075	Mathews Organic Wholemeal	1.272	0.060
102447	Salt	1.123	0.053
102880	Yeast, bakers, compressed	1.484	0.070
1186	Water	36.986	1.745
120064	Wholemeal Starter	9.962	0.470

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## INGREDIENTS

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## NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	944kJ /222kcal [11%]	
PROTEIN	7.6 g	
CARBOHYDRATE	45.7 g	Trace
(of which Sugars)	( 0.9 g)	Trace
FAT	1.0 g	Trace
(of which Saturates)	( 0.1 g)	Trace
FIBRE	2.7 g	Trace
SODIUM	0.5 g	Trace

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

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		% of energy from protein	13.7 %
		% of energy from fat	3.9 %
<i>*as monosaccharides</i>	3.4	% of energy from saturates	0.6 %
	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)	231	Vitamin E (mg)	0.02
Energy (kJ)	982	Thiamin (mg)	0.02
Nitrogen (g)	1.22	Riboflavin (mg)	0.03
Protein (g)	7.6	Niacin equivalents (mg)	0.25
Fat (g)	1.0	Niacin (mg)	0.20
Saturates (g)	0.1	Potential Niacin (mg)	0.06
Monounsaturates (g)	0.1	Vitamin B6 (mg)	0.01
Polyunsaturates (g)	0.3	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	21.71
Carbohydrate (g)*	50.7	Pantothenic Acid (mg)	0.1
Sugars (g)*	1.0	Biotin (µg)	1.07
Starch (g)*	50.0	Vitamin C (mg)	0
AOAC Fibre (g)	0.2	Alcohol (g)	0.0
Englyst Fibre (g)	2.7	Water (g)	31.35
Sodium (mg)	492	Cost (£)	0.026
Potassium (mg)	17		
Calcium (mg)	1	Organic acids (g)	
Magnesium (mg)	3	Polyols	
Phosphorus (mg)	12	Inulin (g)	
Iron (mg)	0.12	New descriptor 4	
Copper (mg)	0.03	New descriptor 5	
Zinc (mg)	0.10	New descriptor 6	
Chlorine (mg)	748	New descriptor 7	
Manganese (mg)	0.01	New descriptor 8	
Selenium (µg)	0	New descriptor 9	
Iodine (µg)	1	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)	