

Recipe : **Ganmodoki**

Recipe number :255 Last updated :09/12/2016 16:06

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
102529	Seaweed, kombu, dried, raw	0.399	0.043
101809	Onions, raw	4.601	0.496
100532	Carrots, old, raw	11.104	1.197
13121	Tofu, soya bean, fu juk	83.497	9.001
102447	Salt	0.399	0.043

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1525kJ /364kcal [18%]	
PROTEIN	37.8 g	
CARBOHYDRATE	19.3 g	Trace
(of which Sugars)	(1.0 g)	Trace
FAT	13.6 g	Trace
(of which Saturates)	(Trace)	Trace
FIBRE	0.5 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	41.6 %
		% of energy from fat	33.6 %
<i>*as monosaccharides</i>	10.8	% of energy from saturates	0.0 %
	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)	329	Vitamin E (mg)	0.02
Energy (kJ)	1376	Thiamin (mg)	0.02
Nitrogen (g)	6.05	Riboflavin (mg)	0.00
Protein (g)	37.8	Niacin equivalents (mg)	6.09
Fat (g)	13.6	Niacin (mg)	0.04
Saturates (g)	0.0	Potential Niacin (mg)	6.05
Monounsaturates (g)	0.0	Vitamin B6 (mg)	0.01
Polyunsaturates (g)	0.0	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	1.39
Carbohydrate (g)*	20.7	Pantothenic Acid (mg)	0.0
Sugars (g)*	1.1	Biotin (µg)	0.08
Starch (g)*	0.0	Vitamin C (mg)	0
AOAC Fibre (g)	6.5	Alcohol (g)	0.0
Englyst Fibre (g)	0.5	Water (g)	23.22
Sodium (mg)	167	Cost (£)	0.128
Potassium (mg)	28		
Calcium (mg)	283	Organic acids (g)	
Magnesium (mg)	4	Polyols	
Phosphorus (mg)	4	Inulin (g)	
Iron (mg)	1.01	New descriptor 4	
Copper (mg)	0.01	New descriptor 5	
Zinc (mg)	0.04	New descriptor 6	
Chlorine (mg)	255	New descriptor 7	
Manganese (mg)	0.02	New descriptor 8	
Selenium (µg)	0	New descriptor 9	
Iodine (µg)	1758	New descriptor 10	
Vitamin A r.e. (µg)	218	New descriptor 11	
Retinol (µg)	0	New descriptor 12	
Carotene (µg)	1308	New descriptor 13	
Vitamin D (µg)	0.00	Vitamin K (µg)	0.611
		NMES (g)	