

Recipe : **Gluten Free no.1 chickpea**

Recipe number :302 Last updated :13/12/2016 12:46

Group :NOT ALLOCATED TO A GROUP

INGREDIENTS

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
102447	Salt	0.881	0.048
1186	Water	38.546	2.100
13073	Chick pea flour	20.191	1.100
101160	Flour, soya	20.191	1.100
101158	Flour, rice	20.191	1.100

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1045kJ /248kcal [12%]	
PROTEIN	14.4 g	
CARBOHYDRATE	30.1 g	Trace
(of which Sugars)	(1.9 g)	Trace
FAT	6.4 g	Trace
(of which Saturates)	(0.7 g)	Trace
FIBRE	5.7 g	Trace
SODIUM	0.4 g	Trace
		Trace

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

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FULL ANALYSIS (per 100g)

Nutrient	Amount per 100g	Nutrient	Amount per 100g
Energy (kcal)	244	Vitamin E (mg)	1.62
Energy (kJ)	1025	Thiamin (mg)	0.20
Nitrogen (g)	2.30	Riboflavin (mg)	0.12
Protein (g)	13.6	Niacin equivalents (mg)	4.28
Fat (g)	6.4	Niacin (mg)	1.32
Saturates (g)	0.7	Potential Niacin (mg)	2.96
Monounsaturates (g)	1.1	Vitamin B6 (mg)	0.25
Polyunsaturates (g)	3.2	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	54.96
Carbohydrate (g)*	33.3	Pantothenic Acid (mg)	0.8
Sugars (g)*	2.0	Biotin (µg)	3.14
Starch (g)*	30.6	Vitamin C (mg)	0
AOAC Fibre (g)	6.5	Alcohol (g)	0.0
Englyst Fibre (g)	5.7	Water (g)	37.93
Sodium (mg)	395	Cost (£)	0.413
Potassium (mg)	698	Organic acids (g)	
Calcium (mg)	87	Polyols	
Magnesium (mg)	88	Inulin (g)	
Phosphorus (mg)	255	New descriptor 4	
Iron (mg)	4.18	New descriptor 5	
Copper (mg)	0.48	New descriptor 6	
Zinc (mg)	1.62	New descriptor 7	
Chlorine (mg)	618	New descriptor 8	
Manganese (mg)	1.02	New descriptor 9	
Selenium (µg)	2	New descriptor 10	
Iodine (µg)	0	New descriptor 11	
Vitamin A r.e. (µg)	2	New descriptor 12	
Retinol (µg)	0	New descriptor 13	
Carotene (µg)	13	Vitamin K (µg)	5.676
Vitamin D (µg)	0.00	NMES (g)	

Nutrient data presented in UK Food Composition Table format.

**as monosaccharides*

g protein/100 kcal	6.1	% of energy from protein	23.1 %
Weight Watchers Points	0.0	% of energy from fat	23.2 %
		% of energy from saturates	2.6 %