

Recipe : **Herb Bread**

Recipe number :300 Last updated :30/10/2017 11:06

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
102880	Yeast, bakers, compressed	1.199	0.012
120074	Mathews Organic Strong White	32.967	0.330
1186	Water	28.971	0.290
11436	Rye flour, whole	8.292	0.083
120071	Shipton Gluten Free Organic Maize Flour	8.292	0.083
120115	Herb Sponge Dough	18.981	0.190
120072	Shiptons Light Rye Flour	0.799	0.008
120118	Palm Fat	0.500	0.005

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1100kJ /260kcal [13%]	
PROTEIN	7.9 g	
CARBOHYDRATE	51.5 g	Trace
(of which Sugars)	(0.9 g)	Trace
FAT	2.1 g	Trace
(of which Saturates)	(0.5 g)	Trace
FIBRE	3.6 g	Trace
SODIUM	0.1 g	Trace
Salt equivalent	0.2 g	Trace
Guideline Daily Amounts	GDA for Adults	% of GDA
Energy (kcal)	2000	0%
Protein (g)	50	0%
Carbohydrate (g)	260	0%
Sugars (g)	90	0%
Fat (g)	70	0%
Saturates (g)	20	0%
Fibre (g)	18	0%
Sodium (g)	2.4	0%

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

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		% of energy from protein	12.2 %
		% of energy from fat	7.3 %
<i>*as monosaccharides</i>	3.1	% of energy from saturates	1.9 %
	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)	265	Vitamin E (mg)	0.15
Energy (kJ)	1126	Thiamin (mg)	0.05
Nitrogen (g)	1.26	Riboflavin (mg)	0.04
Protein (g)	7.8	Niacin equivalents (mg)	0.41
Fat (g)	2.1	Niacin (mg)	0.24
Saturates (g)	0.5	Potential Niacin (mg)	0.17
Monounsaturates (g)	0.3	Vitamin B6 (mg)	0.04
Polyunsaturates (g)	0.4	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	23.84
Carbohydrate (g)*	57.2	Pantothenic Acid (mg)	0.1
Sugars (g)*	0.9	Biotin (µg)	1.35
Starch (g)*	56.2	Vitamin C (mg)	0
AOAC Fibre (g)	1.4	Alcohol (g)	0.0
Englyst Fibre (g)	3.6	Water (g)	23.39
Sodium (mg)	93	Cost (£)	0.012
Potassium (mg)	46		
Calcium (mg)	3	Organic acids (g)	
Magnesium (mg)	9	Polyols	
Phosphorus (mg)	38	Inulin (g)	
Iron (mg)	0.32	New descriptor 4	
Copper (mg)	0.06	New descriptor 5	
Zinc (mg)	0.32	New descriptor 6	
Chlorine (mg)	0	New descriptor 7	
Manganese (mg)	0.06	New descriptor 8	
Selenium (µg)	0	New descriptor 9	
Iodine (µg)	0	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)	