

Recipe : **Herb Burger**

Recipe number :310 Last updated :13/12/2016 13:51

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
120072	Shiptons Light Rye Flour	5.499	2.146
11069	Breadcrumbs, manufactured	15.401	6.010
13121	Tofu, soya bean, fu juk	15.401	6.010
13121	Tofu, soya bean, fu juk	20.501	8.000
101809	Onions, raw	9.000	3.512
100532	Carrots, old, raw	9.000	3.512
102447	Salt	0.551	0.215
11442	Brown rice, raw	5.499	2.146
100105	Barley, pearl, raw	5.499	2.146
17334	Soya sauce	1.899	0.741
11016	Millet flour	5.499	2.146
120095	Oat Groats	5.499	2.146
101686	Mixed herbs, dried	0.751	0.293

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1314kJ /312kcal [16%]	
PROTEIN	20.4 g	
CARBOHYDRATE	39.6 g	Trace
(of which Sugars)	(2.2 g)	Trace
FAT	7.1 g	Trace
(of which Saturates)	(0.1 g)	Trace
FIBRE	1.7 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	26.2 %
		% of energy from fat	20.6 %
<i>*as monosaccharides</i>	6.7	% of energy from saturates	0.4 %
	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)	300	Vitamin E (mg)	0.10
Energy (kJ)	1266	Thiamin (mg)	0.18
Nitrogen (g)	3.27	Riboflavin (mg)	0.04
Protein (g)	20.2	Niacin equivalents (mg)	4.20
Fat (g)	7.1	Niacin (mg)	0.94
Saturates (g)	0.1	Potential Niacin (mg)	3.25
Monounsaturates (g)	0.2	Vitamin B6 (mg)	0.04
Polyunsaturates (g)	0.2	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	8.64
Carbohydrate (g)*	43.4	Pantothenic Acid (mg)	0.1
Sugars (g)*	2.3	Biotin (µg)	0.12
Starch (g)*	28.1	Vitamin C (mg)	1
AOAC Fibre (g)	3.6	Alcohol (g)	0.0
Englyst Fibre (g)	1.7	Water (g)	24.47
Sodium (mg)	418	Cost (£)	0.213
Potassium (mg)	125		
Calcium (mg)	157	Organic acids (g)	
Magnesium (mg)	19	Polyols	
Phosphorus (mg)	69	Inulin (g)	0.185
Iron (mg)	1.57	New descriptor 4	
Copper (mg)	0.13	New descriptor 5	
Zinc (mg)	0.43	New descriptor 6	
Chlorine (mg)	674	New descriptor 7	
Manganese (mg)	0.41	New descriptor 8	
Selenium (µg)	1	New descriptor 9	
Iodine (µg)	0	New descriptor 10	
Vitamin A r.e. (µg)	187	New descriptor 11	
Retinol (µg)	0	New descriptor 12	
Carotene (µg)	1120	New descriptor 13	
Vitamin D (µg)	0.00	Vitamin K (µg)	0.495
		NMES (g)	0.139