

Recipe : **Hot Cross Buns**

Recipe number :314 Last updated :14/12/2016 16:52

Group :NOT ALLOCATED TO A GROUP

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120074	FOOD NO FOOD DESCRIPTION %AGE	WEIGHT kg
120075	Mathews Organic Strong White	51.805 0.660
120076	102880 Yeast, bakers, compressed	1.334 0.017
102447	Salt	0.706 0.009
1186	Water	28.493 0.363
100903	Currants	5.651 0.072
102646	Sultanas	5.651 0.072
101763	Nutmeg, ground	0.078 0.001
101210	Ginger, ground	0.078 0.001
100766	Cinnamon, ground	0.078 0.001
101963	Pepper, black	0.078 0.001
100769	Cloves, dried	0.078 0.001
120118	Palm Fat	5.730 0.073
120117	Fermex Improver	0.235 0.003

## INGREDIENTS

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## NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100ml	Amount per serving (0g)
ENERGY	0kJ /0kcal [0%]	
PROTEIN	7.5 g	
CARBOHYDRATE	51.8 g	Trace
(of which Sugars)	( 0.0 g)	Trace
FAT	7.3 g	Trace
(of which Saturates)	( 3.3 g)	Trace
FIBRE	2.0 g	Trace
SODIUM	0.3 g	Trace

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

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		% of energy from protein	9.9 %
		% of energy from fat	21.7 %
<i>*as monosaccharides</i>	2.5	% of energy from saturates	9.7 %
	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)	309	Vitamin E (mg)	0.04
Energy (kJ)	1307	Thiamin (mg)	0.03
Nitrogen (g)	1.20	Riboflavin (mg)	0.03
Protein (g)	7.5	Niacin equivalents (mg)	0.33
Fat (g)	7.3	Niacin (mg)	0.28
Saturates (g)	3.3	Potential Niacin (mg)	0.06
Monounsaturates (g)	2.6	Vitamin B6 (mg)	0.04
Polyunsaturates (g)	1.0	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	20.57
Carbohydrate (g)*	57.0	Pantothenic Acid (mg)	0.1
Sugars (g)*	9.5	Biotin (µg)	1.49
Starch (g)*	47.5	Vitamin C (mg)	0
AOAC Fibre (g)	0.1	Alcohol (g)	0.0
Englyst Fibre (g)	2.0	Water (g)	23.57
Sodium (mg)	313	Cost (£)	0.137
Potassium (mg)	125		
Calcium (mg)	12	Organic acids (g)	
Magnesium (mg)	6	Polyols	
Phosphorus (mg)	16	Inulin (g)	
Iron (mg)	0.36	New descriptor 4	
Copper (mg)	0.10	New descriptor 5	
Zinc (mg)	0.10	New descriptor 6	
Chlorine (mg)	473	New descriptor 7	
Manganese (mg)	0.12	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)	2	New descriptor 13	
Vitamin D (µg)	0.00	Vitamin K (µg)	0.170
		NMES (g)	