

Recipe : **L Ancienne**

Recipe number :228 Last updated :10/11/2016 19:18

Group :NOT ALLOCATED TO A GROUP

INGREDIENTS

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
1186	Water	32.064	160.000
102447	Salt	0.802	4.000
120063	Starter	14.830	74.000
120074	Mathews Organic Strong White	47.495	237.000
120072	Shiptons Light Rye Flour	4.810	24.000

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1153kJ /272kcal [14%]	
PROTEIN	8.9 g	
CARBOHYDRATE	56.6 g	Trace
(of which Sugars)	(1.1 g)	Trace
FAT	1.1 g	Trace
(of which Saturates)	(0.2 g)	Trace
FIBRE	3.0 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)	282	Vitamin E (mg)	0.00
Energy (kJ)	1202	Thiamin (mg)	0.00
Nitrogen (g)	1.43	Riboflavin (mg)	0.00
Protein (g)	8.9	Niacin equivalents (mg)	0.00
Fat (g)	1.1	Niacin (mg)	0.00
Saturates (g)	0.2	Potential Niacin (mg)	0.00
Monounsaturates (g)	0.1	Vitamin B6 (mg)	0.00
Polyunsaturates (g)	0.4	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	0.00
Carbohydrate (g)*	62.8	Pantothenic Acid (mg)	0.0
Sugars (g)*	1.1	Biotin (µg)	0.00
Starch (g)*	61.7	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	3.0	Water (g)	15.08
Sodium (mg)	396	Cost (£)	0.008
Potassium (mg)	1		
Calcium (mg)	0	Organic acids (g)	
Magnesium (mg)	1	Polyols	
Phosphorus (mg)	0	Inulin (g)	
Iron (mg)	0.00	New descriptor 4	
Copper (mg)	0.00	New descriptor 5	
Zinc (mg)	0.00	New descriptor 6	
Chlorine (mg)	600	New descriptor 7	
Manganese (mg)	0.00	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)	

Nutrient data presented in UK Food Composition Table format.

**as monosaccharides*

		% of energy from protein	13.1 %
g protein/100 kcal	3.3	% of energy from fat	3.5 %
Weight Watchers Points	0.0	% of energy from saturates	0.6 %