

Recipe : **Light Rye**

Recipe number :301 Last updated :11/09/2017 09:29

Group :NOT ALLOCATED TO A GROUP

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FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
1186	Water	28.398	0.140
102447	Salt	0.811	0.004
102880	Yeast, bakers, compressed	1.217	0.006
120072	Shiptons Light Rye Flour	50.710	0.250
120116	Light Rye Sponge Dough	18.256	0.090
120118	Palm Fat	0.609	0.003

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## INGREDIENTS

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## NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1043kJ /246kcal [12%]	
PROTEIN	5.4 g	
CARBOHYDRATE	51.7 g	Trace
(of which Sugars)	( 1.1 g)	Trace
FAT	1.9 g	Trace
(of which Saturates)	( 0.5 g)	Trace
FIBRE	9.9 g	Trace
SODIUM	0.4 g	Trace
Salt equivalent	1.1 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	8.7 %
		% of energy from fat	7.1 %
<i>*as monosaccharides</i>	2.2	% of energy from saturates	2.0 %
	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)	254	Vitamin E (mg)	0.00
Energy (kJ)	1081	Thiamin (mg)	0.01
Nitrogen (g)	0.86	Riboflavin (mg)	0.02
Protein (g)	5.3	Niacin equivalent (mg)	0.18
Fat (g)	1.9	Niacin (mg)	0.15
Saturates (g)	0.5	Potential Niacin (mg)	0.03
Monounsaturates (g)	0.3	Vitamin B6 (mg)	0.01
Polyunsaturates (g)	0.1	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	16.90
Carbohydrate (g)*	57.4	Pantothenic Acid (mg)	0.0
Sugars (g)*	1.1	Biotin (µg)	0.81
Starch (g)*	56.3	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	9.9	Water (g)	21.39
Sodium (mg)	437	Cost (£)	0.020
Potassium (mg)	9		
Calcium (mg)	0	Organic acids (g)	
Magnesium (mg)	1	Polyols	
Phosphorus (mg)	5	Inulin (g)	
Iron (mg)	0.07	New descriptor 4	
Copper (mg)	0.02	New descriptor 5	
Zinc (mg)	0.04	New descriptor 6	
Chlorine (mg)	540	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)	