

Recipe : **Mushroom Pie**

Recipe number :248 Last updated :21/11/2016 11:04

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
13121	Tofu, soya bean, fu juk	11.450	1.001
13284	Mushrooms, common, raw	28.598	2.500
101802	Onions, dried, raw	6.898	0.603
101198	Garlic, raw	1.155	0.101
101963	Pepper, black	0.194	0.017
17045	Sunflower oil	1.704	0.149
120076	Pastry	50.000	4.371

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	949kJ /226kcal [11%]	
PROTEIN	10.1 g	
CARBOHYDRATE	26.8 g	Trace
(of which Sugars)	(4.2 g)	Trace
FAT	8.1 g	Trace
(of which Saturates)	(2.0 g)	Trace
FIBRE	2.1 g	Trace
SODIUM	0.2 g	Trace

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

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		% of energy from protein	17.9 %
		% of energy from fat	32.3 %
<i>*as monosaccharides</i>	4.6	% of energy from saturates	7.9 %
	0.0		

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g protein/100 kcal			FULL
Weight Watchers Points			
ANALYSIS (per 100g)			
Nutrient	Amount per 100g	Nutrient	Amount per 100g
Energy (kcal)	218	Vitamin E (mg)	1.10
Energy (kJ)	915	Thiamin (mg)	0.05
Nitrogen (g)	1.61	Riboflavin (mg)	0.09
Protein (g)	9.4	Niacin equivalents (mg)	2.18
Fat (g)	8.1	Niacin (mg)	1.03
Saturates (g)	2.0	Potential Niacin (mg)	1.16
Monounsaturates (g)	0.4	Vitamin B6 (mg)	0.06
Polyunsaturates (g)	1.3	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	13.34
Carbohydrate (g)*	29.4	Pantothenic Acid (mg)	0.7
Sugars (g)*	4.5	Biotin (µg)	3.61
Starch (g)*	21.0	Vitamin C (mg)	3
AOAC Fibre (g)	2.7	Alcohol (g)	0.0
Englyst Fibre (g)	2.1	Water (g)	25.07
Sodium (mg)	219	Cost (£)	0.080
Potassium (mg)	194		
Calcium (mg)	62	Organic acids (g)	
<i>Nutrient data presented in UK Food Composition Table format.</i>			
Magnesium (mg)	8	Polyols	
Phosphorus (mg)	41	Inulin (g)	0.084

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Iron (mg)	0.55	New descriptor 4	
Copper (mg)	0.25	New descriptor 5	
Zinc (mg)	0.22	New descriptor 6	
New descriptor 7			
Chlorine (mg)	31		
New descriptor 8			
Manganese (mg)	0.13		
New descriptor 9			
Selenium (µg)	3		
New descriptor 10			
Iodine (µg)	2		
New descriptor 11			
Vitamin A r.e. (µg)	1	New descriptor 12	
Retinol (µg)	0	New descriptor 13	
Carotene (µg)	7	Vitamin K (µg)	0.335
Vitamin D (µg)	0.00	NMES (g)	