

Recipe : **Nut Burger**

Recipe number :260 Last updated :11/12/2016 14:57

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
11442	Brown rice, raw	5.099	2.153
100105	Barley, pearl, raw	5.099	2.153
11016	Millet flour	5.099	2.153
120072	Shiptons Light Rye Flour	5.099	2.153
11069	Breadcrumbs, manufactured	14.200	5.996
13121	Tofu, soya bean, fu juk	14.200	5.996
101789	Okra, raw	18.902	7.981
101809	Onions, raw	8.301	3.505
100532	Carrots, old, raw	8.301	3.505
17334	Soya sauce	1.800	0.760
14877	Peanuts, plain	8.301	3.505
102447	Salt	0.500	0.211
120095	Oat Groats	5.099	2.153

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1096kJ /260kcal [13%]	
PROTEIN	13.2 g	
CARBOHYDRATE	33.8 g	Trace
(of which Sugars)	(3.0 g)	Trace
FAT	7.5 g	Trace
(of which Saturates)	(0.9 g)	Trace
FIBRE	2.8 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	20.2 %
		% of energy from fat	25.8 %
<i>*as monosaccharides</i>	5.2	% of energy from saturates	3.1 %
	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)	255	Vitamin E (mg)	0.93
Energy (kJ)	1074	Thiamin (mg)	0.30
Nitrogen (g)	2.11	Riboflavin (mg)	0.05
Protein (g)	12.7	Niacin equivalents (mg)	4.35
Fat (g)	7.5	Niacin (mg)	2.17
Saturates (g)	0.9	Potential Niacin (mg)	2.17
Monounsaturates (g)	2.1	Vitamin B6 (mg)	0.12
Polyunsaturates (g)	1.4	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	33.76
Carbohydrate (g)*	37.1	Pantothenic Acid (mg)	0.3
Sugars (g)*	3.1	Biotin (µg)	6.08
Starch (g)*	26.6	Vitamin C (mg)	4
AOAC Fibre (g)	2.7	Alcohol (g)	0.0
Englyst Fibre (g)	2.8	Water (g)	37.37
Sodium (mg)	387	Cost (£)	0.330
Potassium (mg)	220		
Calcium (mg)	106	Organic acids (g)	
<i>Nutrient data presented in UK Food Composition Table format.</i>			
Magnesium (mg)	46	Polyols	
Phosphorus (mg)	109	Inulin (g)	0.170

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Iron (mg)	1.18	New descriptor 4	
Copper (mg)	0.22	New descriptor 5	
Zinc (mg)	0.77	New descriptor 6	
New descriptor 7			
Chlorine (mg)	631		
New descriptor 8			
Manganese (mg)	0.49		
New descriptor 9			
Selenium (µg)	1		
New descriptor 10			
Iodine (µg)	2		
New descriptor 11			
Vitamin A r.e. (µg)	179	New descriptor 12	
Retinol (µg)	0	New descriptor 13	
Carotene (µg)	1075	Vitamin K (µg)	0.457
Vitamin D (µg)	0.00	NMES (g)	0.131