

Recipe : **Organic Wheat Free Sourdough Rye Bread**

Recipe number :419 Last updated :11/09/2017 09:33

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
1186	Water	39.105	371.500
120072	Shiptons Light Rye Flour	35.179	334.200
120072	Shiptons Light Rye Flour	14.158	134.500
120116	Light Rye Sponge Dough	9.695	92.100
102085	Poppy seeds	1.000	9.500
102447	Salt	0.863	8.200

INGREDIENTS

Recipe : **Organic Wheat Free Sourdough Rye Bread**

Recipe number :419

Last updated :11/09/2017 09:33

Group :NOT ALLOCATED TO A GROUP

NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	919kJ /217kcal [11%]	
PROTEIN	4.8 g	
CARBOHYDRATE	45.8 g	Trace
(of which Sugars)	(0.9 g)	Trace
FAT	1.6 g	Trace
(of which Saturates)	(0.2 g)	Trace
FIBRE	8.8 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)

Recipe : **Organic Wheat Free Sourdough Rye Bread**

Recipe number :419 Last updated :11/09/2017 09:33

Group :NOT ALLOCATED TO A GROUP

		% of energy from protein	8.9 %
		% of energy from fat	6.6 %
<i>*as monosaccharides</i>	2.2	% of energy from saturates	1.0 %
	0.0		

Recipe : **Organic Wheat Free Sourdough Rye Bread**

Recipe number :419 Last updated :11/09/2017 09:33

Group :NOT ALLOCATED TO A GROUP

g protein/100 kcal	FULL
Weight Watchers Points	

ANALYSIS (per 100g)

Nutrient data presented in UK Food Composition Table format.

Recipe : **Organic Wheat Free Sourdough Rye Bread**

Recipe number :419

Last updated :11/09/2017 09:33

Group :NOT ALLOCATED TO A GROUP

Nutrient	Amount per 100g	Nutrient	Amount per 100g
Energy (kcal)	219	Vitamin E (mg)	0.03
Energy (kJ)	930	Thiamin (mg)	0.01
Nitrogen (g)	0.77	Riboflavin (mg)	0.00
Protein (g)	4.8	Niacin equivalents (mg)	0.01
Fat (g)	1.6	Niacin (mg)	0.01
Saturates (g)	0.2	Potential Niacin (mg)	0.00
Monounsaturates (g)	0.1	Vitamin B6 (mg)	0.00
Polyunsaturates (g)	0.3	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	0.00
Carbohydrate (g)*	50.8	Pantothenic Acid (mg)	0.0
Sugars (g)*	1.0	Biotin (µg)	0.00
Starch (g)*	49.8	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	8.8	Water (g)	32.41
Sodium (mg)	421	Cost (£)	0.019
Potassium (mg)	9		
Calcium (mg)	18	Organic acids (g)	
Magnesium (mg)	4	Polyols	
Phosphorus (mg)	9	Inulin (g)	
Iron (mg)	0.13	New descriptor 4	
Copper (mg)	0.02	New descriptor 5	
Zinc (mg)	0.10	New descriptor 6	
Chlorine (mg)	574	New descriptor 7	
Manganese (mg)	0.08	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)	