

Recipe : **Organic Wheat Free Sourdough Rye No salt No seed**

Recipe number :420 Last updated :11/09/2017 09:33

Group :NOT ALLOCATED TO A GROUP

INGREDIENTS

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
1186	Water	39.848	371.500
120072	Shiptons Light Rye Flour	35.847	334.200
120072	Shiptons Light Rye Flour	14.427	134.500
120116	Light Rye Sponge Dough	9.879	92.100

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	913kJ /215kcal [11%]	
PROTEIN	4.7 g	
CARBOHYDRATE	46.6 g	Trace
(of which Sugars)	(1.0 g)	Trace
FAT	1.1 g	Trace
(of which Saturates)	(0.2 g)	Trace
FIBRE	8.9 g	Trace
SODIUM	Trace	Trace
Salt equivalent	0.1 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	4.6 %
<i>*as monosaccharides</i>	2.2	% of energy from saturates	0.7 %
	0.0		

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g protein/100 kcal
Weight Watchers Points

FULL 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)	223	Vitamin E (mg)	0.00
Energy (kJ)	948	Thiamin (mg)	0.00
Nitrogen (g)	0.75	Riboflavin (mg)	0.00
Protein (g)	4.7	Niacin equivalents (mg)	0.00
Fat (g)	1.1	Niacin (mg)	0.00
Saturates (g)	0.2	Potential Niacin (mg)	0.00
Monounsaturates (g)	0.0	Vitamin B6 (mg)	0.00
Polyunsaturates (g)	0.0	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	0.00
Carbohydrate (g)*	51.8	Pantothenic Acid (mg)	0.0
Sugars (g)*	1.0	Biotin (µg)	0.00
Starch (g)*	50.7	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	8.9	Water (g)	33.16
Sodium (mg)	45	Cost (£)	0.000
Potassium (mg)	0		
Calcium (mg)	0	Organic acids (g)	
Magnesium (mg)	0	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)	0	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)	