Recipe: Organic Wheat Free Sourdough Rye Bread

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

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NUTRITION INFORMATION

NOTATION IN ORMATION		
TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY PROTEIN CARBOHYDRATE (of which Sugars) FAT (of which Saturates) FIBRE SODIUM	919kJ /217kcal [11%] 4.8 g 45.8 g (0.9 g) 1.6 g (0.2 g) 8.8 g 0.4 g	Trace Trace Trace Trace Trace Trace Trace
Salt equivalent	1.1 g	Trace
Guideline Daily Amounts	GDA for Adults	% of GDA
Energy (kcal) Protein (g) Carbohydrate (g) Sugars (g) Fat (g) Saturates (g) Fibre (g) Sodium (g)	2000 50 260 90 70 20 18 2.4	0% 0% 0% 0% 0% 0% 0%

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

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% of energy from protein % of energy from fat 6.6 % 2.2 *as monosaccharides % of energy from saturates 1.0 % 0.0

8.9 %

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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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Energy (kcal) 219 Vitamin E (mg) 0.03 Energy (kl) 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 B1c (mg) 0.00 Monounsaturates (g) 0.3 Vitamin B12 (µg) 0 Cholesterol (mg) 0 Folate (µg) 0 Cholesterol (mg) 0 Folate (µg) 0 Carbohydrate (g)* 50.8 Pantothenic Acid (mg) 0.0 Sugars (g)* 1.0 Biotin (µg) 0.0 Starch (g)* 49.8 Vitamin C (mg) 0 Starch (g)* 49.8 Vitamin C (mg) 0 ACOAC Fibre (g) 8.8 Water (g) 32.41 Sodium (mg) 9 Inulin (g) Pohyols Pohyols	Nutrient	Amount per 100g	Nutrient	Amount per 100g
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