

Recipe : **Samosa**

Recipe number :249 Last updated :21/11/2016 11:15

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
13009	Old potatoes, average, raw	8.505	0.852
100532	Carrots, old, raw	8.505	0.852
101802	Onions, dried, raw	6.997	0.701
13460	Tomatoes, raw	6.997	0.701
13320	Peppers, capsicum, red, raw	6.997	0.701
13121	Tofu, soya bean, fu juk	10.002	1.002
13247	Ginger root, raw	0.299	0.030
102802	Turmeric, ground	0.299	0.030
101856	Paprika	0.299	0.030
100731	Chilli powder	0.100	0.010
102447	Salt	0.100	0.010
101782	Oil, sunflower	0.898	0.090
120076	Pastry	50.000	5.009

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	923kJ /220kcal [11%]	
PROTEIN	8.5 g	
CARBOHYDRATE	29.0 g	Trace
(of which Sugars)	(5.6 g)	Trace
FAT	7.0 g	Trace
(of which Saturates)	(1.9 g)	Trace
FIBRE	2.3 g	Trace
SODIUM	0.3 g	Trace

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

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**as monosaccharides*

4.0

0.0

% of energy from protein 15.5 %

% of energy from fat 28.8 %

% of energy from saturates 7.8 %

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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)	213	Vitamin E (mg)	0.81
Energy (kJ)	897	Thiamin (mg)	0.06
Nitrogen (g)	1.36	Riboflavin (mg)	0.01
Protein (g)	8.5	Niacin equivalent (mg)	1.38
Fat (g)	7.0	Niacin (mg)	0.36
Saturates (g)	1.9	Potential Niacin (mg)	1.02
Monounsaturates (g)	0.2	Vitamin B6 (mg)	0.09
Polyunsaturates (g)	0.7	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	7.20
Carbohydrate (g)*	31.8	Pantothenic Acid (mg)	0.1
Sugars (g)*	5.9	Biotin (µg)	0.16
Starch (g)*	22.3	Vitamin C (mg)	15
AOAC Fibre (g)	3.1	Alcohol (g)	0.0
Englyst Fibre (g)	2.3	Water (g)	25.13
Sodium (mg)	268	Cost (£)	0.147
Potassium (mg)	187		
Calcium (mg)	60	Organic acids (g)	
Magnesium (mg)	10	Polyols	
Phosphorus (mg)	25	Inulin (g)	0.202
Iron (mg)	0.64	New descriptor 4	
Copper (mg)	0.04	New descriptor 5	
Zinc (mg)	0.17	New descriptor 6	
Chlorine (mg)	101	New descriptor 7	
Manganese (mg)	0.11	New descriptor 8	
Selenium (µg)	0	New descriptor 9	
Iodine (µg)	2	New descriptor 10	
Vitamin A r.e. (µg)	249	New descriptor 11	
Retinol (µg)	0	New descriptor 12	
Carotene (µg)	1496	New descriptor 13	
Vitamin D (µg)	0.00	Vitamin K (µg)	0.663
		NMES (g)	