

Recipe : **Seitan**

Recipe number :328                      Last updated :27/01/2017    17:35

Group :NOT ALLOCATED TO A GROUP

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FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
102529	Seaweed, kombu, dried, raw	2.069	0.150
120134	Organic Wheat Gluten	6.897	0.500
120131	Tamari Soy Sauce	4.138	0.300
120132	Mirin	2.069	0.150
13247	Ginger root, raw	2.069	0.150
1186	Water	48.276	3.500
102447	Salt	34.483	2.500

## INGREDIENTS

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## NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	149kJ /35kcal [2%]	
PROTEIN	6.2 g	
CARBOHYDRATE	2.1 g	Trace
(of which Sugars)	( 1.6 g)	Trace
FAT	0.2 g	Trace
(of which Saturates)	(Trace)	Trace
FIBRE	1.3 g	Trace
SODIUM	14.1 g	Trace
		Trace

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

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		% of energy from protein	70.8 %
		% of energy from fat	4.7 %
<i>*as monosaccharides</i>	17.7	% of energy from saturates	0.9 %
	0.0		

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g protein/100 kcal	FULL
Weight Watchers Points	

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)	35	Vitamin E (mg)	0.00
Energy (kJ)	149	Thiamin (mg)	0.00
Nitrogen (g)	0.99	Riboflavin (mg)	0.01
Protein (g)	6.2	Niacin equivalents (mg)	0.06
Fat (g)	0.2	Niacin (mg)	0.06
Saturates (g)	0.0	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)*	2.3	Pantothenic Acid (mg)	0.0
Sugars (g)*	1.7	Biotin (µg)	0.00
Starch (g)*	0.5	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	1.3	Water (g)	50.33
Sodium (mg)	14132	Cost (£)	0.366
Potassium (mg)	47		
Calcium (mg)	22	Organic acids (g)	
Magnesium (mg)	40	Polyols	
Phosphorus (mg)	5	Inulin (g)	
Iron (mg)	0.38	New descriptor 4	
Copper (mg)	0.04	New descriptor 5	
Zinc (mg)	0.17	New descriptor 6	
Chlorine (mg)	20655	New descriptor 7	
Manganese (mg)	0.02	New descriptor 8	
Selenium (µg)	0	New descriptor 9	
Iodine (µg)	9132	New descriptor 10	
Vitamin A r.e. (µg)	1	New descriptor 11	
Retinol (µg)	0	New descriptor 12	
Carotene (µg)	8	New descriptor 13	
Vitamin D (µg)	0.00	Vitamin K (µg)	
		NMES (g)	