

Recipe : **Spelt Rolls**

Recipe number :316 Last updated :15/12/2016 16:37

Group :NOT ALLOCATED TO A GROUP

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FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
102880	Yeast, bakers, compressed	1.511	0.017
102447	Salt	0.800	0.009
1186	Water	32.267	0.363
120073	Shiptons Organic Wmeal Spelt Flour	58.667	0.660
120118	Palm Fat	6.489	0.073
120117	Fermex Improver	0.267	0.003

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## INGREDIENTS

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## NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1163kJ /276kcal [14%]	
PROTEIN	8.6 g	
CARBOHYDRATE	40.2 g	Trace
(of which Sugars)	( 1.1 g)	Trace
FAT	9.0 g	Trace
(of which Saturates)	( 3.9 g)	Trace
FIBRE	5.7 g	Trace
SODIUM	0.4 g	Trace

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

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		% of energy from protein	12.5 %
		% of energy from fat	29.3 %
<i>*as monosaccharides</i>	3.1	% of energy from saturates	12.6 %
	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)	283	Vitamin E (mg)	0.00
Energy (kJ)	1193	Thiamin (mg)	0.01
Nitrogen (g)	1.38	Riboflavin (mg)	0.03
Protein (g)	8.6	Niacin equivalents (mg)	0.22
Fat (g)	9.0	Niacin (mg)	0.18
Saturates (g)	3.9	Potential Niacin (mg)	0.03
Monounsaturates (g)	2.9	Vitamin B6 (mg)	0.01
Polyunsaturates (g)	0.7	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	20.99
Carbohydrate (g)*	44.6	Pantothenic Acid (mg)	0.1
Sugars (g)*	1.2	Biotin (µg)	1.01
Starch (g)*	43.5	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	5.7	Water (g)	25.92
Sodium (mg)	351	Cost (£)	0.023
Potassium (mg)	11		
Calcium (mg)	1	Organic acids (g)	
Magnesium (mg)	2	Polyols	
Phosphorus (mg)	7	Inulin (g)	
Iron (mg)	0.09	New descriptor 4	
Copper (mg)	0.03	New descriptor 5	
Zinc (mg)	0.05	New descriptor 6	
Chlorine (mg)	533	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)	