

Recipe **Spelt Sourdough**

Recipe number :230 Last updated :10/11/2016 19:13

Group :NOT ALLOCATED TO A GROUP

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**INGREDIENTS**

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FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
11436	Rye flour, whole	33.000	165.000
11436	Rye flour, whole	14.200	71.000
1186	Water	33.000	165.000
102447	Salt	1.000	5.000
120065	Spelt Starter	18.800	94.000

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## NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1083kJ /256kcal [13%]	
PROTEIN	6.4 g	
CARBOHYDRATE	49.8 g	Trace
(of which Sugars)	( 9.5 g)	Trace
FAT	1.5 g	Trace
(of which Saturates)	( 0.2 g)	Trace
FIBRE	8.5 g	Trace
SODIUM	0.5 g	Trace
		Trace

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

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## FULL ANALYSIS (per 100g)

Nutrient	Amount per 100g	Nutrient	Amount per 100g
Energy (kcal)	243	Vitamin E (mg)	0.94
Energy (kJ)	1034	Thiamin (mg)	0.24
Nitrogen (g)	1.02	Riboflavin (mg)	0.13
Protein (g)	6.1	Niacin equivalents (mg)	1.53
Fat (g)	1.5	Niacin (mg)	0.59
Saturates (g)	0.2	Potential Niacin (mg)	0.94
Monounsaturates (g)	0.1	Vitamin B6 (mg)	0.21
Polyunsaturates (g)	0.5	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	46.02
Carbohydrate (g)*	54.8	Pantothenic Acid (mg)	0.6
Sugars (g)*	10.0	Biotin (µg)	3.54
Starch (g)*	44.8	Vitamin C (mg)	0
AOAC Fibre (g)	9.2	Alcohol (g)	0.0
Englyst Fibre (g)	8.5	Water (g)	25.10
Sodium (mg)	492	Cost (£)	0.010
Potassium (mg)	243		
Calcium (mg)	19	Organic acids (g)	
Magnesium (mg)	55	Polyols	
Phosphorus (mg)	212	Inulin (g)	
Iron (mg)	1.60	New descriptor 4	
Copper (mg)	0.25	New descriptor 5	
Zinc (mg)	1.77	New descriptor 6	
Chlorine (mg)	749	New descriptor 7	
Manganese (mg)	0.41	New descriptor 8	
Selenium (µg)	2	New descriptor 9	
Iodine (µg)	1	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)	

*Nutrient data presented in UK Food Composition Table format.*

*\*as monosaccharides*

		% of energy from protein	10.0 %
g protein/100 kcal	2.7	% of energy from fat	5.1 %
Weight Watchers Points	0.0	% of energy from saturates	0.8 %