

Recipe : **Vegetable Pasty**

Recipe number :250 Last updated :21/11/2016 11:29

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
100532	Carrots, old, raw	16.425	1.449
100568	Celeriac, raw	11.335	1.000
100445	Broccoli, green, raw	12.469	1.100
101112	Fennel, Florence, raw	6.450	0.569
100571	Celery, raw	15.903	1.403
100485	Cabbage, green, raw	8.524	0.752
101809	Onions, raw	13.614	1.201
100565	Cauliflower, raw	11.335	1.000
13121	Tofu, soya bean, fu juk	3.945	0.348

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	200kJ /48kcal [2%]	
PROTEIN	3.5 g	
CARBOHYDRATE	5.0 g	Trace
(of which Sugars)	(3.4 g)	Trace
FAT	1.0 g	Trace
(of which Saturates)	(0.1 g)	Trace
FIBRE	2.1 g	Trace
SODIUM	Trace	Trace
		Trace

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

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		% of energy from protein	29.1 %
		% of energy from fat	18.8 %
<i>*as monosaccharides</i>	8.1	% of energy from saturates	1.0 %
	0.0		

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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)	42	Vitamin E (mg)	0.33
Energy (kJ)	176	Thiamin (mg)	0.13
Nitrogen (g)	0.55	Riboflavin (mg)	0.04
Protein (g)	3.5	Niacin equivalent (mg)	1.03
Fat (g)	1.0	Niacin (mg)	0.42
Saturates (g)	0.1	Potential Niacin (mg)	0.61
Monounsaturates (g)	0.0	Vitamin B6 (mg)	0.09
Polyunsaturates (g)	0.1	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	37.64
Carbohydrate (g)*	5.3	Pantothenic Acid (mg)	0.4
Sugars (g)*	3.6	Biotin (µg)	0.96
Starch (g)*	0.2	Vitamin C (mg)	25
AOAC Fibre (g)	2.4	Alcohol (g)	0.0
Englyst Fibre (g)	2.1	Water (g)	86.64
Sodium (mg)	29	Cost (£)	0.708
Potassium (mg)	297		
Calcium (mg)	49	Organic acids (g)	
Magnesium (mg)	12	Polyols	
Phosphorus (mg)	37	Inulin (g)	
Iron (mg)	0.55	New descriptor 4	
Copper (mg)	0.04	New descriptor 5	
Zinc (mg)	0.27	New descriptor 6	
Chlorine (mg)	80	New descriptor 7	
Manganese (mg)	0.12	New descriptor 8	
Selenium (µg)	1	New descriptor 9	
Iodine (µg)	1	New descriptor 10	
Vitamin A r.e. (µg)	362	New descriptor 11	
Retinol (µg)	0	New descriptor 12	
Carotene (µg)	2173	New descriptor 13	
Vitamin D (µg)	0.00	Vitamin K (µg)	51.466
		NMES (g)	