

Recipe : **Wholemeal Sourdough**

Recipe number :227 Last updated :21/11/2016 10:14

Group :NOT ALLOCATED TO A GROUP

INGREDIENTS

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
1186	Water	33.066	165.000
102447	Salt	1.002	5.000
120064	Wholemeal Starter	18.838	94.000
120075	Mathews Organiic Wholemeal	40.080	200.000
120074	Mathews Organic Strong White	7.014	35.000

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	998kJ /235kcal [12%]	
PROTEIN	8.7 g	
CARBOHYDRATE	46.6 g	Trace
(of which Sugars)	(1.4 g)	Trace
FAT	1.5 g	Trace
(of which Saturates)	(0.2 g)	Trace
FIBRE	6.0 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)	246	Vitamin E (mg)	0.00
Energy (kJ)	1047	Thiamin (mg)	0.00
Nitrogen (g)	1.40	Riboflavin (mg)	0.00
Protein (g)	8.7	Niacin equivalents (mg)	0.00
Fat (g)	1.5	Niacin (mg)	0.00
Saturates (g)	0.2	Potential Niacin (mg)	0.00
Monounsaturates (g)	0.2	Vitamin B6 (mg)	0.00
Polyunsaturates (g)	0.6	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	0.00
Carbohydrate (g)*	51.8	Pantothenic Acid (mg)	0.0
Sugars (g)*	1.5	Biotin (µg)	0.00
Starch (g)*	50.8	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	6.0	Water (g)	16.33
Sodium (mg)	494	Cost (£)	0.010
Potassium (mg)	1		
Calcium (mg)	0	Organic acids (g)	
Magnesium (mg)	1	Polyols	
Phosphorus (mg)	0	Inulin (g)	
Iron (mg)	0.00	New descriptor 4	
Copper (mg)	0.00	New descriptor 5	
Zinc (mg)	0.00	New descriptor 6	
Chlorine (mg)	750	New descriptor 7	
Manganese (mg)	0.00	New descriptor 8	
Selenium (µg)	0	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	14.9 %
g protein/100 kcal	3.7	% of energy from fat	5.9 %
Weight Watchers Points	0.0	% of energy from saturates	0.8 %