

Recipe : **Wholewheat Spelt Salt Free Sourdough**

Recipe number :298 Last updated :13/12/2016 12:00

Group :NOT ALLOCATED TO A GROUP

INGREDIENTS

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
1186	Water	33.333	165.000
120065	Spelt Starter	18.990	94.000
120073	Shiptons Organic Wmeal Spelt Flour	33.333	165.000
120073	Shiptons Organic Wmeal Spelt Flour	14.343	71.000

Recipe : **Wholewheat Spelt Salt Free Sourdough**

Recipe number :298 Last updated :13/12/2016 12:00

Group :NOT ALLOCATED TO A GROUP

NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	989kJ /233kcal [12%]	
PROTEIN	9.4 g	
CARBOHYDRATE	44.4 g	Trace
(of which Sugars)	(1.2 g)	Trace
FAT	2.0 g	Trace
(of which Saturates)	(0.4 g)	Trace
FIBRE	6.4 g	Trace
SODIUM	Trace	Trace
		Trace

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

Recipe : **Wholewheat Spelt Salt Free Sourdough**

Recipe number :298 Last updated :13/12/2016 12:00

Group :NOT ALLOCATED TO A GROUP

FULL ANALYSIS (per 100g)

Nutrient	Amount per 100g	Nutrient	Amount per 100g
Energy (kcal)	243	Vitamin E (mg)	0.00
Energy (kJ)	1032	Thiamin (mg)	0.00
Nitrogen (g)	1.51	Riboflavin (mg)	0.00
Protein (g)	9.4	Niacin equivalents (mg)	0.00
Fat (g)	2.0	Niacin (mg)	0.00
Saturates (g)	0.4	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)*	49.3	Pantothenic Acid (mg)	0.0
Sugars (g)*	1.3	Biotin (µg)	0.00
Starch (g)*	47.9	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	6.4	Water (g)	16.67
Sodium (mg)	1	Cost (£)	0.000
Potassium (mg)	0		
Calcium (mg)	0	Organic acids (g)	
Magnesium (mg)	0	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)	0	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)	

Nutrient data presented in UK Food Composition Table format.

**as monosaccharides*

		% of energy from protein	16.2 %
g protein/100 kcal	4.0	% of energy from fat	7.7 %
Weight Watchers Points	0.0	% of energy from saturates	1.4 %