

Recipe :**Yeasted Spelt**

Recipe number :253 Last updated :21/11/2016 12:08

Group :NOT ALLOCATED TO A GROUP

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
1186	Water	31.579	0.330
102447	Salt	0.766	0.008
102880	Yeast, bakers, compressed	1.148	0.012
120073	Shiptons Organic Wmeal Spelt Flour	47.847	0.500
120079	Spelt Sponge Dough	18.182	0.190
120118	Palm Fat	0.478	0.005

INGREDIENTS

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	930kJ /220kcal [11%]	
PROTEIN	8.7 g	
CARBOHYDRATE	40.7 g	Trace
(of which Sugars)	(1.1 g)	Trace
FAT	2.4 g	Trace
(of which Saturates)	(0.6 g)	Trace
FIBRE	5.8 g	Trace
SODIUM	0.4 g	Trace
Salt equivalent	1.0 g	Trace
Guideline Daily Amounts	GDA for Adults	% of GDA
Energy (kcal)	2000	0%
Protein (g)	50	0%
Carbohydrate (g)	260	0%
Sugars (g)	90	0%
Fat (g)	70	0%
Saturates (g)	20	0%
Fibre (g)	18	0%
Sodium (g)	2.4	0%

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

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		% of energy from protein	15.8 %
		% of energy from fat	10.0 %
<i>*as monosaccharides</i>	4.0	% of energy from saturates	2.7 %
	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)	226	Vitamin E (mg)	0.00
Energy (kJ)	960	Thiamin (mg)	0.01
Nitrogen (g)	1.39	Riboflavin (mg)	0.02
Protein (g)	8.7	Niacin equivalents (mg)	0.17
Fat (g)	2.4	Niacin (mg)	0.14
Saturates (g)	0.6	Potential Niacin (mg)	0.03
Monounsaturates (g)	0.2	Vitamin B6 (mg)	0.01
Polyunsaturates (g)	0.1	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	15.95
Carbohydrate (g)*	45.2	Pantothenic Acid (mg)	0.0
Sugars (g)*	1.2	Biotin (µg)	0.77
Starch (g)*	44.0	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	5.8	Water (g)	24.87
Sodium (mg)	416	Cost (£)	0.019
Potassium (mg)	9		
Calcium (mg)	0	Organic acids (g)	
Magnesium (mg)	1	Polyols	
Phosphorus (mg)	5	Inulin (g)	
Iron (mg)	0.07	New descriptor 4	
Copper (mg)	0.02	New descriptor 5	
Zinc (mg)	0.04	New descriptor 6	
Chlorine (mg)	510	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)	