

Recipe : **Yeasted Wholemeal Bread**

Recipe number :294                      Last updated :13/12/2016    11:55

Group :NOT ALLOCATED TO A GROUP

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FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
120075	Mathews Organic Wholemeal	47.847	0.500
1186	Water	31.579	0.330
102447	Salt	0.766	0.008
102880	Yeast, bakers, compressed	1.148	0.012
120078	Wholemeal Sponge Dough	18.182	0.190
120118	Palm Fat	0.478	0.005

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## INGREDIENTS

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## NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	919kJ /217kcal [11%]	
PROTEIN	8.0 g	
CARBOHYDRATE	41.6 g	Trace
(of which Sugars)	( 1.4 g)	Trace
FAT	2.1 g	Trace
(of which Saturates)	( 0.5 g)	Trace
FIBRE	5.9 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	14.7 %
		% of energy from fat	8.6 %
<i>*as monosaccharides</i>	3.7	% of energy from saturates	2.1 %
	0.0		

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g protein/100 kcal	FULL
Weight Watchers Points	

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)	224	Vitamin E (mg)	0.00
Energy (kJ)	949	Thiamin (mg)	0.01
Nitrogen (g)	1.28	Riboflavin (mg)	0.02
Protein (g)	8.0	Niacin equivalents (mg)	0.17
Fat (g)	2.1	Niacin (mg)	0.14
Saturates (g)	0.5	Potential Niacin (mg)	0.03
Monounsaturates (g)	0.4	Vitamin B6 (mg)	0.01
Polyunsaturates (g)	0.6	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	15.95
Carbohydrate (g)*	46.1	Pantothenic Acid (mg)	0.0
Sugars (g)*	1.4	Biotin (µg)	0.77
Starch (g)*	44.7	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	5.9	Water (g)	24.87
Sodium (mg)	417	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)	