

# Small white

Total ingredient (raw) weight: 2160.59 g  
 Total (cooked) weight: 1966.14 g  
 Weight change: -9.00 %

Nutrition Information		
Servings per package:	14.00	
Serving size:	27.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	206 kJ	764 kJ
Protein	1.2 g	4.5 g
Fat, total	0.2 g	0.9 g
- saturated	0.0 g	0.1 g
Carbohydrate	10.1 g	37.3 g
- sugars	0.3 g	1.3 g
Sodium	2 mg	6 mg

**Ingredient name:** Vinegar  
10F20063

**Amount:** 15.00 ml **Specific gravity:** 1.01

**Energy:** 57 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 5 mg  
**Protein:** 0.1 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

**Ingredient name:** Oil, blend of polyunsaturated vegetable oils  
04C10072

**Amount:** 12.00 ml **Specific gravity:** 0.92

**Energy:** 3700 kJ **Fat, total:** 100.0 g **Carbohydrate:** 0.0 g **Sodium:** 0 mg  
**Protein:** 0.0 g **Fat saturated:** 15.2 g **Sugars:** 0.0 g

**Ingredient name:** Yeast, dried  
10F30009

**Amount:** 9.00 g

**Energy:** 1274 kJ **Fat, total:** 5.0 g **Carbohydrate:** 11.3 g **Sodium:** 170 mg  
**Protein:** 40.1 g **Fat saturated:** 0.6 g **Sugars:** 0.0 g

**Ingredient name:** Water, tap  
01B10176

**Amount:** 1125.00 ml **Specific gravity:** 1.00

**Energy:** 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 0 mg  
**Protein:** 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

**Ingredient name:** Potassium sodium L-tartrate, food additive (337), anhydrous  
14B10108

**Amount:** 0.40 g

**Energy:** 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 10939 mg  
**Protein:** 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

**Ingredient name:** Gluten Free Bread Premix (C)

**Amount:** 1.00 kg

**Energy:** 1449 kJ **Fat, total:** 0.6 g **Carbohydrate:** 73.2 g **Sodium:** 6 mg  
**Protein:** 8.4 g **Fat saturated:** 0.1 g **Sugars:** 2.5 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

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