

Gluten Free Bread

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

Nutrition Information		
Servings per package:	16.00	
Serving size:	30.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	229 kJ	764 kJ
Protein	1.3 g	4.5 g
Fat, total	0.3 g	0.9 g
- saturated	0.0 g	0.1 g
Carbohydrate	11.2 g	37.3 g
- sugars	0.4 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.

Printed: 09:10 Wednesday, 20 March 2013