

Croissant Single

Total ingredient (raw) weight: 1245.10 g
 Total (cooked) weight: 1055.97 g
 Weight change: -15.19 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	180.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2640 kJ	1460 kJ
Protein	7.8 g	4.4 g
Fat, total	35.9 g	19.9 g
- saturated	22.3 g	12.4 g
Carbohydrate	66.8 g	37.1 g
- sugars	6.4 g	3.6 g
Sodium	10 mg	6 mg

Ingredient name: Gluten Free Bread Premix (C)

Amount: 500.00 g

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

Ingredient name: Water, tap
01B10176

Amount: 450.00 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: Royal Danish Pastry Margarine (C)

Amount: 250.00 g

Energy: 3070 kJ **Fat, total:** 82.8 g **Carbohydrate:** 0.0 g **Sodium:** 5 mg
Protein: 0.0 g **Fat saturated:** 52.0 g **Sugars:** 0.0 g

Ingredient name: Sugar, white, granulated or lump
12A10050

Amount: 25.00 g

Energy: 1700 kJ **Fat, total:** 0.0 g **Carbohydrate:** 100.0 g **Sodium:** 0 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 100.0 g

Ingredient name: Yeast, dried
10F30009

Amount: 10.00 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: Vinegar
10F20063

Amount: 10.00 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

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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