Gluten Free Wraps

Total ingredient (raw) weight: 2870.91 g

Total (cooked) weight: 2612.53 g

Weight change: -9.00 %

Nutrition Information

Servings per package: 3.00

Serving size: 160.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	464 kJ	290 kJ
Protein	2.7 g	1.7 g
Fat, total	0.6 g	0.4 g
- saturated	0.1 g	0.1 g
Carbohydrate	22.5 g	14.0 g
- sugars	0.8 g	0.5 g
Sodium	5 mg	3 mg

Ingredient name: Vinegar
10F20063

Amount: 7.00 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: 7.00 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: 7.00 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: 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: Water, tap
01B10176

Amount: 2350.00 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: 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		

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

Working values may differ from final NIP due to rounding.

Printed: 09:47 Wednesday, 20 March 2013