

12 inch pizza

Total ingredient (raw) weight: 2203.19 g
 Total (cooked) weight: 2004.90 g
 Weight change: -9.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	220.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1660 kJ	757 kJ
Protein	9.9 g	4.5 g
Fat, total	2.0 g	0.9 g
- saturated	0.3 g	0.1 g
Carbohydrate	81.0 g	36.8 g
- sugars	2.8 g	1.2 g
Sodium	9 mg	4 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: Yeast, dried
10F30009

Amount: 15.00 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: 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: Flour, rice, white
02A20058

Amount: 5.00 g

Energy: 1528 kJ **Fat, total:** 1.4 g **Carbohydrate:** 80.7 g **Sodium:** 2 mg
Protein: 5.7 g **Fat saturated:** 0.3 g **Sugars:** 0.5 g

Ingredient name: Water, tap
01B10176

Amount: 1157.00 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: 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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