

MultiSeed Dinner Roll

Total ingredient (raw) weight: 2183.19 g
 Total (cooked) weight: 1986.70 g
 Weight change: -9.00 %

Nutrition Information		
Servings per package:	6.00	
Serving size:	28.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	219 kJ	784 kJ
Protein	1.3 g	4.7 g
Fat, total	0.4 g	1.5 g
- saturated	0.1 g	0.2 g
Carbohydrate	10.3 g	36.9 g
- sugars	0.4 g	1.3 g
Sodium	1 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: 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: Seed, sesame, white
11A10018

Amount: 9.20 g

Energy: 2531 kJ **Fat, total:** 55.6 g **Carbohydrate:** 0.9 g **Sodium:** 24 mg
Protein: 22.2 g **Fat saturated:** 6.8 g **Sugars:** 0.6 g

Ingredient name: Seed, linseed or flaxseed
11A10022

Amount: 4.60 g

Energy: 2118 kJ **Fat, total:** 42.2 g **Carbohydrate:** 1.6 g **Sodium:** 30 mg
Protein: 18.3 g **Fat saturated:** 3.6 g **Sugars:** 1.6 g

Ingredient name: Seed, sunflower
11A10019

Amount: 4.60 g

Energy: 2397 kJ **Fat, total:** 51.0 g **Carbohydrate:** 2.2 g **Sodium:** 0 mg
Protein: 22.7 g **Fat saturated:** 4.3 g **Sugars:** 2.0 g

Ingredient name: Seed, pumpkin, hulled & dried
11A10023

Amount: 4.60 g

Energy: 2382 kJ **Fat, total:** 45.9 g **Carbohydrate:** 13.9 g **Sodium:** 18 mg
Protein: 24.5 g **Fat saturated:** 8.5 g **Sugars:** 1.0 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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