

Gluten Free Focaccia

Total ingredient (raw) weight: 2204.39 g
 Total (cooked) weight: 2005.99 g
 Weight change: -9.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	105.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	791 kJ	754 kJ
Protein	4.7 g	4.5 g
Fat, total	0.9 g	0.9 g
- saturated	0.2 g	0.1 g
Carbohydrate	38.4 g	36.6 g
- sugars	1.3 g	1.3 g
Sodium	5 mg	5 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: Milk, cow, fluid, skim (fat approximately 0.15%)
09A10096

Amount: 5.00 ml **Specific gravity:** 1.04

Energy: 146 kJ **Fat, total:** 0.1 g **Carbohydrate:** 4.8 g **Sodium:** 49 mg
Protein: 3.6 g **Fat saturated:** 0.1 g **Sugars:** 4.8 g

Ingredient name: Mixed herbs, dried
13A11321

Amount: 1.00 g

Energy: 1064 kJ **Fat, total:** 4.1 g **Carbohydrate:** 17.8 g **Sodium:** 187 mg
Protein: 16.5 g **Fat saturated:** 0.7 g **Sugars:** 7.4 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.

Printed: 09:43 Wednesday, 20 March 2013