

Hot X Buns 6 pack

Total ingredient (raw) weight: 3319.00 g
 Total (cooked) weight: 3020.29 g
 Weight change: -9.00 %

Nutrition Information		
Servings per package:	6.00	
Serving size:	55.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	470 kJ	855 kJ
Protein	2.1 g	3.8 g
Fat, total	0.7 g	1.2 g
- saturated	0.1 g	0.2 g
Carbohydrate	23.2 g	42.2 g
- sugars	7.1 g	12.9 g
Sodium	6 mg	11 mg

Ingredient name: Vinegar
10F20063

Amount: 20.00 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: 20.00 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: 20.00 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: 1550.00 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: 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: Gluten Free Bread Premix (C)

Amount: 1.09 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

Ingredient name: Spice, mixed spice (cinnamon, nutmeg & cloves)
10E10075

Amount: 60.00 g

Energy: 1468 kJ **Fat, total:** 16.1 g **Carbohydrate:** 27.2 g **Sodium:** 66 mg
Protein: 5.2 g **Fat saturated:** 0.8 g **Sugars:** 11.9 g

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

Amount: 90.00 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: Sultana, dried
06D10336

Amount: 360.00 g

Energy: 1388 kJ **Fat, total:** 0.4 g **Carbohydrate:** 75.0 g **Sodium:** 36 mg
Protein: 2.8 g **Fat saturated:** 0.1 g **Sugars:** 73.2 g

Ingredient name: Starch, maize
02A20067

Amount: 110.00 g

Energy:	1530 kJ	Fat, total:	0.1 g	Carbohydrate:	89.2 g	Sodium:	9 mg
Protein:	0.4 g	Fat saturated:	0.0 g	Sugars:	0.8 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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