

Gourmet Fruit Loaf LARGE

Total ingredient (raw) weight: 1601.44 g
 Total (cooked) weight: 1428.00 g
 Weight change: -10.83 %

Nutrition Information		
Servings per package:	16.00	
Serving size:	90.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1000 kJ	1120 kJ
Protein	5.1 g	5.7 g
Fat, total	4.9 g	5.4 g
- saturated	0.6 g	0.7 g
Carbohydrate	40.4 g	44.9 g
- sugars	21.4 g	23.8 g
Sodium	15 mg	17 mg

Ingredient name: Gluten Free Bread Premix (C)					
Amount: 400.00 g					
Energy:	1449 kJ	Fat, total:	0.6 g	Carbohydrate:	73.2 g
Protein:	8.4 g	Fat saturated:	0.1 g	Sugars:	2.5 g
Sodium: 6 mg					
Ingredient name: Water, tap 01B10176					
Amount: 520.00 ml Specific gravity: 1.00					
Energy:	0 kJ	Fat, total:	0.0 g	Carbohydrate:	0.0 g
Protein:	0.0 g	Fat saturated:	0.0 g	Sugars:	0.0 g
Sodium: 0 mg					
Ingredient name: Date, dried 06C10144					
Amount: 136.00 g					
Energy:	1283 kJ	Fat, total:	0.2 g	Carbohydrate:	67.2 g
Protein:	2.0 g	Fat saturated:	0.1 g	Sugars:	65.9 g
Sodium: 14 mg					
Ingredient name: Apricot, dried 06C10140					
Amount: 136.00 g					
Energy:	927 kJ	Fat, total:	0.2 g	Carbohydrate:	43.5 g
Protein:	4.5 g	Fat saturated:	0.1 g	Sugars:	42.4 g
Sodium: 39 mg					
Ingredient name: Sultana, dried 06D10336					
Amount: 136.00 g					
Energy:	1388 kJ	Fat, total:	0.4 g	Carbohydrate:	75.0 g
Protein:	2.8 g	Fat saturated:	0.1 g	Sugars:	73.2 g
Sodium: 36 mg					
Ingredient name: Seed, pumpkin, hulled & dried 11A10023					
Amount: 66.00 g					
Energy:	2382 kJ	Fat, total:	45.9 g	Carbohydrate:	13.9 g
Protein:	24.5 g	Fat saturated:	8.5 g	Sugars:	1.0 g
Sodium: 18 mg					
Ingredient name: Seed, sunflower 11A10019					
Amount: 66.00 g					
Energy:	2397 kJ	Fat, total:	51.0 g	Carbohydrate:	2.2 g
Protein:	22.7 g	Fat saturated:	4.3 g	Sugars:	2.0 g
Sodium: 0 mg					
Ingredient name: Apple, dried 06D10283					
Amount: 66.00 g					
Energy:	1306 kJ	Fat, total:	0.3 g	Carbohydrate:	64.5 g
Protein:	1.3 g	Fat saturated:	0.1 g	Sugars:	62.1 g
Sodium: 91 mg					
Ingredient name: Sugar, white, granulated or lump 12A10050					
Amount: 38.00 g					
Energy:	1700 kJ	Fat, total:	0.0 g	Carbohydrate:	100.0 g
Protein:	0.0 g	Fat saturated:	0.0 g	Sugars:	100.0 g
Sodium: 0 mg					

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

Amount: 16.00 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: Vinegar
10F20063

Amount: 8.00 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 monounsaturated vegetable oils
04C10089

Amount: 8.00 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:** 6.9 g **Sugars:** 0.0 g

Ingredient name: Yeast, dried
10F30009

Amount: 6.00 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

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

Working values may differ from final NIP due to rounding.

Printed: 19:26 Thursday, 19 June 2014