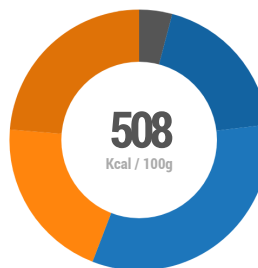


By Nisha Chaudhary from Foodhacks

OVERVIEW ...

U / 5093243



CALORIES:

51.7% Carbs

4.1% Protein

44.1% Fat

FOOD LABELLING...

Serves

	PER 100G	%RI
Energy(Kj)	2153 kJ	26%
Energy(kcal)	514 kcal	26%
Fat	25 g	36%
<i>of which saturates</i>	13 g	65%
Carbohydrate	66 g	25%
<i>of which sugars</i>	24 g	27%
Fibre	3.1 g	12%
Protein	5.2 g	10%
Salt	2.2 g	37%

MAY CONTAIN:



SOYA



SULPHITES

Nutri-Score



HFSS Rating

28

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 25% RI	508kcal	Saturated Fat 67% RI	13.4g	Vitamin A (ret eq)	0ug
Energy(KJ) 25% RI	2129kJ	Monounsaturated fat 1% RI	0.2799g	Retinol	0ug
		cis-Mono	-	Carotene	0ug
		Polyunsaturated fat 7% RI	1.2g	Vitamin D	0ug
		Omega3(n-3) 15% RI	0.3352g	Vitamin E 0% RI	0.0375mg
		Omega6(n-6) 3% RI	0.4391g	Vitamin K ₁ 0% RI	0.2092ug
		cis-Poly	-	Thiamin (B ₁) 13% RI	0.1473mg
		Trans-fatty acids	0g	Riboflavin (B ₂) 1% RI	0.0201mg
		Cholesterol	0mg	Niacin total (B ₃) 10% RI	1.7mg
				Niacin	-
				Tryptophan	-
				Pantothenic Acid (B ₅) 4% RI	0.2484mg
				Vitamin B ₆ 6% RI	0.0875mg
				Folates (B ₉) Total 3% RI	6.2ug
				Vitamin B ₁₂	0ug
				Biotin (B ₇)	-
				Vitamin C 4% RI	3.3mg
MACRONUTRIENTS		MINERALS & TRACE ELEMENTS		OTHER	
Carbohydrate 25% RI	66g	Sodium 36% RI	873mg		
Protein 10% RI	5.2g	Potassium 11% RI	216mg		
Fat 36% RI	24.9g	Chloride 172% RI	1375mg		
Water	0.2689g	Calcium 2% RI	14mg		
Water from Drinks	0g	Phosphorus 43% RI	300mg		
Alcohol	-	Magnesium 11% RI	41mg		
		Iron 10% RI	1.4mg		
		Zinc 10% RI	1mg		
		Copper 19% RI	0.1895mg		
		Manganese 16% RI	0.3239mg		
CARBOHYDRATE					
Starch	41g				
Oligosaccharide	-				
Fibre 12% RI	3.1g				
NSP	2.5g				
Sugars 27% RI	24.1g				
Glucose	1.3g				
Galactose	-				
Fructose	1.3g				

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	COST:
Butter Unsalted Vegan Flora Plant..	22.2g	0.09 x Per pack	£0.08
Flour Millet (Ragi) Natco..	22.2g	0.19 cup	£0.06
Flour White Self Raising Gluten Free Doves Farm..	22.2g	0.02x Per pack	£0.04
Sugar Coconut Palm..	11.8g	2 ⅓ x teaspoon	£0.07
Maple syrup Vermont Pure Canadian..	10.4g		0.00
BAKE STABLE CHOCOLATE- SUMA..	5.9g		0.00
Chia Seeds Suma..	1.5g	0.45 x 1 teaspoon	£0.01
Vanilla essence, no alcohol..	1.5g	0.3 x 1 teaspoon	0.00
Ashwagandha Organic Powder..	0.74g		£0.01
Gum, guar, food additive E412..	0.74g	0.19 teaspoon	0.00
Baking powder, gluten free..	0.74g	0.19 x 1 level teaspoon	0.00

TOTAL COST: £0.27

PRODUCTS / PACK SIZES ...

1 Serving




1
\$
\$

INGREDIENT LIST (QUID) ...

Butter Unsalted Vegan Flora Plant (26.1%) [Plant Oils (Coconut, Rapeseed, Sunflower, in varying proportions), Water, Faba Bean Preparation, Emulsifier (Lecithin), Natural Flavourings, Colour (Carotenes)], Millet Flour (26.1%), Flour White Self Raising Gluten Free Doves Farm (26.1%) [Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Thickener (Xanthan Gum)], Coconut Palm Sugar (13.9%), Maple Syrup (12.2%), BAKE STABLE CHOCOLATE SUMA (7%), Chia Seeds (1.7%), Vanilla Essence (1.7%), Ashwagandha Organic Powder (0.87%), Gum, Guar, Food Additive E412 (0.87%), Baking Powder (0.87%)
ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Soya, Sulphites

COOKING INSTRUCTIONS & NOTES

