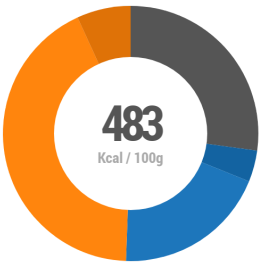


FH Rosemary Garlic Protein Crackers 100g Final NC

By Nisha Chaudhary from Foodhak

OVERVIEW ...

U / 12926000



CALORIES:

23.4% Carbs

27.1% Protein

49.4% Fat

FOOD LABELLING...

EU Label values per 100g

Serves

	PER 100G	%RI
Energy(Kj)	2108 kJ	25%
Energy(kcal)	506 kcal	25%
Fat	27 g	39%
of which saturates	3.7 g	19%
Carbohydrate	24 g	9%
of which sugars	4.8 g	5%
Fibre	19 g	76%
Protein	33 g	66%
Salt	3.3 g	55%

MAY CONTAIN:



TREE NUTS

Nutri-Score



HFSS Rating

5

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 24% RI	483kcal	Saturated Fat 18% RI	3.7g	Vitamin A (ret eq) 1% RI	5.3ug
Energy(Kj) 23% RI	1951kJ	Monounsaturated fat 11% RI	3.1g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	0ug
Carbohydrate 9% RI	24.3g	Polyunsaturated fat 74% RI	11.8g	Vitamin D	0ug
Protein 66% RI	32.8g	Omega3(n-3) 319% RI	7g	Vitamin E 30% RI	3.6mg
Fat 38% RI	26.5g	Omega6(n-6) 52% RI	7.2g	Vitamin K ₁	0ug
Water	0g	cis-Poly	-	Thiamin (B ₁) 24% RI	0.2663mg
Water from Drinks	0g	Trans-fatty acids	0g	Riboflavin (B ₂) 7% RI	0.1038mg
Alcohol (0% ABV)	0g	Cholesterol	0mg	Niacin total (B ₃) 26% RI	4.1mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin 7% RI	1.1mg
Starch	19.7g	Sodium 55% RI	1321mg	Tryptophan	126mg
Oligosaccharide	0.0548g	Potassium 25% RI	503mg	Pantothenic Acid (B ₅) 0% RI	0.0004mg
Fibre 76% RI	19.1g	Chloride 248% RI	1984mg	Vitamin B ₆ 10% RI	0.1389mg
NSP	14.7g	Calcium 22% RI	177mg	Folates (B ₉) Total 10% RI	20ug
Sugars 5% RI	4.8g	Phosphorus 66% RI	460mg	Vitamin B ₁₂	0ug
Glucose	0.154g	Magnesium 57% RI	213mg	Biotin (B ₇) 0% RI	0.0004ug
Galactose	0g	Iron 36% RI	5mg	Vitamin C 0% RI	0.3458mg
		Zinc 28% RI	2.8mg		
		Copper 70% RI	0.701mg		

Fructose	0.224g	Manganese 46% RI	0.9163mg	OTHER	
Sucrose	0.5326g	Selenium 32% RI	17.8ug		
Maltose	0g	Iodine 1% RI	1.3ug		GI (estimated)
Lactose	0g				GL
				Caffeine	12.2
					2.9
					-

RECIPE INGREDIENTS ...		QUANTITY:	DESCRIPTION:	METHOD:	COST:
Water, tap, drinking.. WATER	N	33.7g	0.17 x Average glass	N/A	£0.00
Chia seeds.. CHIA SEEDS	N	11.7g	3 ½ x teaspoon	 Baked or roast...	£0.08
Pumpkin seeds.. PUMPKIN SEEDS	GB23	8.4g	2.09 x 1 teaspoon	 Baked or roast...	0.00
Flax Seed (milled or whole).. FLAXSEED	N	8.4g	2 ¾ x teaspoon (milled)	 Baked or roast...	£0.06
Sunflower seeds.. SUNFLOWER SEEDS	GB23	5g	½ x tablespoon	 Baked or roast...	0.00
Natco Rice Flour 1.5kg.. NATCO	BRANDB	3.4g	0 x Per pack	 Baked or roast...	0.00
FH Natco Ragi Flour.. 	U	3.4g		 Baked or roast...	0.00
FH Organic Pea Protein (Sevenhills).. 	U	11.7g		N/A	0.00
Salt.. SALT	GB23	1.7g	3 x average pinch of salt	unchanged	0.00
Rosemary chefs larder.. 	U	2.3g		N/A	0.00
Garlic powder.. GARLIC	GB23	7.7g	2 ½ x teaspoon	N/A	0.00
Curtis Pitted Dates 2kg.. CURTIS	BRANDB	2.7g	0 x Per pack	 Baked or roast...	0.00

TOTAL COST: £0.15

PRODUCTS / PACK SIZES ...

1 Serving



INGREDIENT LIST (QUID) ...

Water (61.2%), Chia Seeds (21.3%), FH Organic Pea Protein (Sevenhills) (21.3%) [Organic Pea Protein], Pumpkin Seeds (15.2%), Flaxseed (15.2%), Garlic (14%), Sunflower Seeds (9.1%), Natco Rice Flour 1.5kg (6.1%), FH Natco Ragi Flour (6.1%) [Finger Millet Flour], Curtis Pitted Dates 2kg (4.9%) [Dates (99%), Palm Oil], Rosemary Chefs Larder (4.3%), Salt (3%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

- 11.7g

Chia seeds (3 ½ x teaspoon)
- 2.7g

Curtis Pitted Dates 2kg (0 x Per pack)
- 3.4g

FH Natco Ragi Flour ()
- 11.7g

FH Organic Pea Protein (Sevenhills) ()
- 8.4g

Flaxseed (2 ¾ x teaspoon (milled))
- 7.7g

Garlic (2 ½ x teaspoon)
- 3.4g

Natco Rice Flour 1.5kg (0 x Per pack)
- 8.4g

Pumpkin seeds (2.09 x 1 teaspoon)
- 2.3g

Rosemary chefs larder ()
- 1.7g

Salt (3 x average pinch of salt)
- 5g

Sunflower seeds (½ x tablespoon)
- 33.7g

Water (0.17 x Average glass)

METHOD

No Cooking Instructions