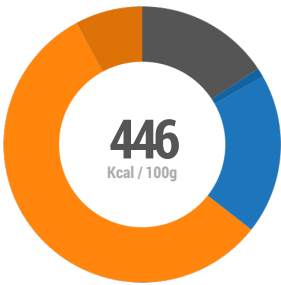


FH Seeded Omega & Millet Cracker Final NC

By § Bravo



CALORIES:

19.8% Carbs

15.8% Protein

64.4% Fat

Food Labelling...

EU Label values per 100g

Serves

	PER 100G	%RI	OTHER PROPERTIES:	
Energy(Kj)	2019 kJ	24%		
Energy(kcal)	486 kcal	24%	VEGETARIAN	VEGAN
Fat	32 g	46%		
of which saturates	3.9 g	20%		
Carbohydrate	22 g	8%		
of which sugars	1.2 g	1%		
Fibre	17 g	68%		
Protein	19 g	38%		
Salt	2 g	33%		
HFSS Rating	10	points		

Nutrient Breakdown per 100g...

Energy		Lipid Components		Vitamins	
Energy(kcal) 22% RI	446kcal	Saturated Fat 20% RI	3.9g	Vitamin A (ret eq) 1% RI	9.8ug
Energy(Kj) 22% RI	1857kJ	Monounsaturated fat 21% RI	6g	Retinol	0ug
Macronutrients		cis-Mono	-	Carotene	59ug
Carbohydrate 9% RI	22.1g	Polyunsaturated fat 123% RI	19.7g	Vitamin D	0ug
Protein 35% RI	17.6g	Omega3(n-3) 392% RI	8.6g	Vitamin E 46% RI	5.5mg
Fat 46% RI	32g	Omega6(n-6) 80% RI	11.1g	Vitamin K ₁ 1% RI	0.945ug
Water	8.7g	cis-Poly	-	Thiamin (B ₁) 39% RI	0.4295mg
Water from Drinks	0g	Trans-fatty acids	0g	Riboflavin (B ₂) 23% RI	0.3207mg
Alcohol (0% ABV)	0g	Cholesterol	0mg	Niacin total (B ₃) 36% RI	5.8mg
Carbohydrate		Minerals & trace elements		Niacin 7% RI	1.1mg
Starch	21.2g	Sodium 34% RI	808mg	Tryptophan	140mg
Oligosaccharide	0.0782g	Potassium 31% RI	611mg	Pantothenic Acid (B ₅) 11% RI	0.6896mg
Fibre 69% RI	17.2g	Chloride 152% RI	1214mg	Vitamin B ₆ 19% RI	0.2658mg
NSP	13.1g	Calcium 26% RI	211mg	Folates (B ₉) Total 25% RI	50ug
Sugars 1% RI	1.2g	Phosphorus 81% RI	570mg	Vitamin B ₁₂	0ug
Glucose	0.0306g	Magnesium 72% RI	270mg	Biotin (B ₇) 20% RI	10.1ug
Galactose	0.0032g	Iron 48% RI	6.8mg	Vitamin C 0% RI	0.2895mg
Fructose	0.0178g	Zinc 40% RI	4mg		
		Copper 119% RI	1.2mg		
		Manganese 77% RI	1.5mg		

Sucrose
Maltose
Lactose

0.453g
0.0001g
0g

Selenium 42% RI
Iodine 1% RI

23.1ug
0.8884ug

	Other
GI (estimated)	55
GL	12.1
Caffeine	-

Recipe Ingredients ...	Quantity:	Description:	Cost:
Water	45g	0.23x Average glass	£0.00
Chia Seeds	11.3g	3.41 teaspoon	£0.08
Seeds Pumpkin	11.3g	2.82x Average Portion	£0.08
Seeds Flax Milled	11.3g	1.25 tablespoon (milled)	£0.08
Seeds Sunflower	7.9g	2.39 teaspoon	£0.03
Flour Rice	5.6g	0.22 tablespoon	£0.01
Flour Millet (Ragi)	5.6g	0.05 cup	£0.01
Salt	1.1g	2.26 average pinch of salt	£0.00
Oregano Ground Dried	0.9g	1/2 teaspoon	£0.01
			TOTAL COST: £0.30

Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **Unit Weight / Calories**

1

 **Cost / RRP**

 **Sale pr (£ 0 + 200%)**

Ingredient List (QUID) ...

Water (80.4%), Chia Seeds (20.1%), Pumpkin Seeds (20.1%), Flaxseed (20.1%), Sunflower Seeds (14.1%), Rice Flour (10.1%), Millet Flour (10.1%), Salt (2%), Dried Oregano (1.6%)