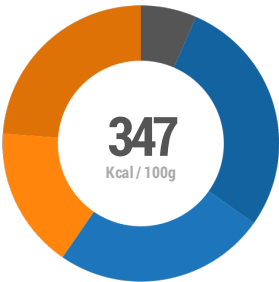


Banana and Chocolate Loaf

By VICTORIA SUMMERGILL from Bath Spa University



CALORIES:

53.1% Carbs

6.5% Protein

40.4% Fat

EU Label values per 100g

Serves 10

	PER 100G	%RI	PER 89G SERVING	%RI	
Energy(Kj)	1458 kJ	17%	1297 kJ	15%	CONTAINS: WHEAT EGGS MILK
Energy(Kcal)	348 kcal	17%	310 kcal	16%	
Fat	16 g	23%	14 g	20%	
of which saturates	9.2 g	46%	8.2 g	41%	
Carbohydrate	46 g	18%	41 g	16%	
of which sugars	25 g	28%	22 g	24%	
Fibre	2.1 g	8%	1.9 g	8%	
Protein	4.6 g	9%	4.1 g	8%	
Salt	0.08 g	1%	0.07 g	1%	

Energy	Lipid Components	Vitamins
Energy(Kcal) 17% RI	Saturated Fat 46% RI	Vitamin A (ret eq) 16% RI
Energy(Kj) 17% RI	Monounsaturated fat 13% RI	Retinol
	cis-Mono	Carotene
Macronutrients	Polyunsaturated fat 5% RI	Vitamin D 2% RI
Carbohydrate 18% RI	Omega3(n-3) 7% RI	Vitamin E 5% RI
Protein 11% RI	Omega6(n-6) 4% RI	Vitamin K 1 2% RI
Fat 22% RI	cis-Poly	Thiamin (B ₁) 10% RI
Water	Trans-fatty acids	Riboflavin (B ₂) 9% RI
Water from Drinks	Cholesterol	Niacin total (B ₃) 12% RI
Alcohol (0% ABV)		Niacin
Carbohydrate	Minerals & trace elements	Tryptophan
Starch	Sodium 1% RI	Pantothenic Acid (B ₅) 5% RI
Oligosaccharide	Potassium 11% RI	Vitamin B ₆ 12% RI
Fibre 8% RI	Chloride 10% RI	Folates (B ₉) Total 3% RI
NSP	Calcium 7% RI	Vitamin B ₁₂ 11% RI
Sugars 27% RI	Phosphorus 12% RI	Biotin (B ₇) 5% RI
Glucose	Magnesium 6% RI	Vitamin C 4% RI
Galactose	Iron 8% RI	
Fructose	Zinc 5% RI	Other
Sucrose	Copper 10% RI	GI (estimated)
Maltose	Manganese 18% RI	GL
Lactose	Selenium 2% RI	
	Iodine 7% RI	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Flour, wheat, white, plain, soft	250g		0.00
Butter, unsalted	120g	0.5x cup	0.00
Eggs, chicken, whole, raw	114g	2x Average, Size 3	0.00
Bananas, flesh only	300g	3x Medium	0.00
Bicarbonate of soda	0g	1x level teaspoon	0.00
Sainsbury's Fairtrade Light Brown Sugar 1kg	120g	0.1x Pack	0.00
Cinnamon, ground	0.55g	0.2x teaspoon	0.00
Chocolate Bar, Milk	80g	2x standard bar	0.00

TOTAL COST: 0.00

RRP : 0.00

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	89g	309	0.00	

Ingredient List (QUID) ...

Bananas (33.9%), Flour (28.2%) (**Wheat**), Sainsbury's Fairtrade Light Brown Sugar 1kg (13.5%), Unsalted butter (13.5%) (**Milk**), **Eggs** (12.9%), **Milk** Chocolate (9%), Ground cinnamon (0.06%)