

Chocolate and Beetroot Cake

By VICTORIA SUMMERGILL from Bath Spa University



CALORIES:

60.4% Carbs

6% Protein

33.6% Fat

EU Label values per 100g

Serves 12

	PER 100G	%RI	PER 111G SERVING	%RI
Energy(Kj)	1409 kJ	17%	1564 kJ	19%
Energy(Kcal)	335 kcal	17%	372 kcal	19%
Fat	12 g	17%	14 g	20%
of which saturates	7.3 g	37%	8.1 g	41%
Carbohydrate	50 g	19%	56 g	22%
of which sugars	38 g	42%	42 g	47%
Fibre	2.1 g	8%	2.3 g	9%
Protein	4.5 g	9%	4.9 g	10%
Salt	0.45 g	8%	0.5 g	8%

CONTAINS:

WHEAT

EGGS

MILK

Energy		Lipid Components		Vitamins	
Energy(Kcal) 17% RI	334kcal	Saturated Fat 37% RI	7.3g	Vitamin A (ret eq) 13% RI	106ug
Energy(Kj) 17% RI	1402kJ	Monounsaturated fat 10% RI	3g	Retinol	111ug
Macronutrients		cis-Mono	2.6g	Carotene	62ug
Carbohydrate 19% RI	50g	Polyunsaturated fat 3% RI	0.45g	Vitamin D 2% RI	0.1ug
Protein 10% RI	5g	Omega3(n-3) 4% RI	0.1g	Vitamin E 3% RI	0.3mg
Fat 18% RI	12.5g	Omega6(n-6) 3% RI	0.4g	Vitamin K 1 1% RI	0.99ug
Water	29.3g	cis-Poly	0.51g	Thiamin (B ₁) 7% RI	0.08mg
Water from Drinks	0g	Trans-fatty acids	0.34g	Riboflavin (B ₂) 7% RI	0.1mg
Alcohol (0% ABV)	0g	Cholesterol	25mg	Niacin total (B ₃) 9% RI	1.5mg
Carbohydrate		Minerals & trace elements		Niacin	0.39mg
Starch	12.1g	Sodium 8% RI	180mg	Tryptophan	41mg
Oligosaccharide	0g	Potassium 14% RI	278mg	Pantothenic Acid (B ₅) 2% RI	0.11mg
Fibre 8% RI	2.1g	Chloride 12% RI	99mg	Vitamin B ₆ 3% RI	0.04mg
NSP	1.8g	Calcium 11% RI	84mg	Folates (B ₉) Total 10% RI	19.5ug
Sugars 42% RI	38.2g	Phosphorus 31% RI	217mg	Vitamin B ₁₂ 6% RI	0.14ug
Glucose	0.04g	Magnesium 13% RI	47mg	Biotin (B ₇) 2% RI	1.2ug
Galactose	0g	Iron 15% RI	2.1mg	Vitamin C 2% RI	2mg
Fructose	17.5g	Zinc 10% RI	0.96mg	Other	
Sucrose	20.2g	Copper 30% RI	0.3mg	GI (estimated)	61
Maltose	0.01g	Manganese 15% RI	0.3mg	GL	30.9
Lactose	0.41g	Selenium 1% RI	0.7ug		
		Iodine 5% RI	6.8ug		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Butter, unsalted	150g	1.5x 1/2 cup, cubed	0.00
Eggs, chicken, whole, raw	171g	3x Average, Size 3	0.00
Flour, wheat, white, self raising	200g	10x tablespoon	0.00
Milk, whole, pasteurised, average	60g	2x In tea/coffee	0.00
Sugar, Muscovado	250g	1.7x cup unpacked	0.00
Cocoa powder	60g		0.00
Baking powder	8g	2x level teaspoon	0.00
Beetroot, boiled in unsalted water	250g	6.3x Average Portion	0.00
Butter, unsalted	0g	(auto-calculated)	0.00
Cocoa powder	30g	6x teaspoon	0.00
Milk, whole, pasteurised, average	45g	3x Prepacked portion/1 tablespoon	0.00
Sugar, icing	250g	2.5x cup (sieved)	0.00

TOTAL COST: 0.00

RRP : 0.00

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	111g	370	0.00	

Ingredient List (QUID) ...
Icing sugar (18.8%), Sugar (18.8%), Beetroot (18.8%), Self raising flour (15.1%) (Wheat), Eggs (12.9%), Unsalted butter (11.3%) (Milk), Milk (7.9%), Cocoa powder (6.8%), Baking powder (0.6%)