

Greek Yogurt and Honey Cake

By VICTORIA SUMMERGILL from Bath Spa University



CALORIES:

61.8% Carbs

9.6% Protein

28.7% Fat

EU Label values per 100g

Serves 8

	PER 100G	%RI	PER 138G SERVING	%RI	
Energy(Kj)	1293 kJ	15%	1784 kJ	21%	CONTAINS: WHEAT EGGS MILK
Energy(Kcal)	307 kcal	15%	424 kcal	21%	
Fat	9.8 g	14%	14 g	20%	
of which saturates	5.7 g	29%	7.8 g	39%	
Carbohydrate	48 g	18%	66 g	25%	
of which sugars	33 g	37%	46 g	51%	
Fibre	1.1 g	4%	1.5 g	6%	
Protein	6.3 g	13%	8.8 g	18%	
Salt	0.3 g	5%	0.42 g	7%	

Energy	Lipid Components	Vitamins
Energy(Kcal) 15% RI	Saturated Fat 28% RI	Vitamin A (ret eq) 8% RI
Energy(Kj) 15% RI	Monounsaturated fat 6% RI	Retinol
	cis-Mono	Carotene
Macronutrients	Polyunsaturated fat 2% RI	Vitamin D 2% RI
Carbohydrate 18% RI	Omega3(n-3) 3% RI	Vitamin E 2% RI
Protein 15% RI	Omega6(n-6) 3% RI	Vitamin K 1 1% RI
Fat 14% RI	cis-Poly	Thiamin (B1) 5% RI
Water	Trans-fatty acids	Riboflavin (B2) 12% RI
Water from Drinks	Cholesterol	Niacin total (B3) 8% RI
Alcohol (0% ABV)	Minerals & trace elements	Niacin
Carbohydrate	Sodium 5% RI	Tryptophan
Starch	Potassium 6% RI	Pantothenic Acid (B5) 3% RI
Oligosaccharide	Chloride 6% RI	Vitamin B 6 4% RI
Fibre 4% RI	Calcium 15% RI	Folates (B9) Total 2% RI
NSP	Phosphorus 25% RI	Vitamin B 12 13% RI
Sugars 37% RI	Magnesium 3% RI	Biotin (B7) 3% RI
Glucose	Iron 5% RI	Vitamin C 2% RI
Galactose	Zinc 6% RI	Other
Fructose	Copper 7% RI	GI (estimated)
Sucrose	Manganese 9% RI	GL
Maltose	Selenium 8% RI	
Lactose	Iodine 20% RI	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Butter, unsalted	75g	8.3x teaspoon	0.00
Eggs, chicken, whole, raw	171g	3x Average, Size 3	0.00
Yogurt, Greek, plain, whole	200g	1.3x Larger pot	0.00
Sugar, castor	300g		0.00
Vanilla essence, no alcohol	10g	2x teaspoon	0.00
Flour, wheat, white, self raising	225g	7.5x heaped tablespoon	0.00
Yogurt, Greek, plain, whole	200g	1.3x Larger pot	0.00
Honey	42g	2x tablespoon	0.00

TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	138g	427	0.00	

Ingredient List (QUID) ...

Greek yogurt (36.3%) (Milk), Sugar (27.3%), Self raising flour (20.4%) (Wheat), Eggs (15.5%), Unsalted butter (6.8%) (Milk), Honey (3.8%), Vanilla essence (0.91%)