



CALORIES:

68.9% Carbs

8.1% Protein

23% Fat

EU Label values per 100g

Serves 10

	PER 100G	%RI	PER 141G SERVING	%RI	
Energy(Kj)	1048 kJ	12%	1477 kJ	18%	CONTAINS: WHEAT WALNUTS EGGS MILK SULPHITES
Energy(Kcal)	249 kcal	12%	351 kcal	18%	
Fat	6.2 g	9%	8.8 g	13%	
of which saturates	0.9 g	5%	1.3 g	7%	
Carbohydrate	43 g	17%	60 g	23%	
of which sugars	26 g	29%	37 g	41%	
Fibre	2.4 g	10%	3.4 g	14%	
Protein	4.5 g	9%	6.3 g	13%	
Salt	0.05 g	1%	0.07 g	1%	

Energy		Lipid Components		Vitamins	
Energy(Kcal) 12% RI	243kcal	Saturated Fat 5% RI	0.9g	Vitamin A (ret eq) 0% RI	1.2ug
Energy(Kj) 12% RI	1027kJ	Monounsaturated fat 3% RI	0.83g	Retinol	0ug
Macronutrients		cis-Mono	1.1g	Carotene	7.8ug
Carbohydrate 16% RI	42g	Polyunsaturated fat 22% RI	3.5g	Vitamin D	0ug
Protein 10% RI	4.9g	Omega3(n-3) 25% RI	0.54g	Vitamin E 5% RI	0.55mg
Fat 9% RI	6.2g	Omega6(n-6) 21% RI	2.9g	Vitamin K 1 4% RI	3ug
Water	43g	cis-Poly	3.5g	Thiamin (B ₁) 9% RI	0.1mg
Water from Drinks	0g	Trans-fatty acids	0g	Riboflavin (B ₂) 5% RI	0.07mg
Alcohol (0% ABV)	0g	Cholesterol	0mg	Niacin total (B ₃) 9% RI	1.5mg
Carbohydrate		Minerals & trace elements		Niacin	0.58mg
Starch	15.7g	Sodium 1% RI	19.5mg	Tryptophan	39.3mg
Oligosaccharide	0g	Potassium 14% RI	277mg	Pantothenic Acid (B ₅) 4% RI	0.25mg
Fibre 10% RI	2.4g	Chloride 5% RI	40mg	Vitamin B ₆ 11% RI	0.15mg
NSP	1.9g	Calcium 6% RI	50mg	Folates (B ₉) Total 4% RI	8.2ug
Sugars 29% RI	26.2g	Phosphorus 12% RI	83mg	Vitamin B ₁₂ 1% RI	0.02ug
Glucose	6g	Magnesium 7% RI	25.8mg	Biotin (B ₇) 7% RI	3.4ug
Galactose	0g	Iron 9% RI	1.3mg	Vitamin C 4% RI	3mg
Fructose	8.2g	Zinc 5% RI	0.49mg	Other	
Sucrose	11.9g	Copper 20% RI	0.2mg	GI (estimated)	58
Maltose	0.02g	Manganese 25% RI	0.49mg	GL	24.2
Lactose	0g	Selenium 8% RI	4.6ug		
		Iodine 5% RI	7.9ug		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Butter, unsalted	0g		0.00
Sugar, brown	150g	1x cup unpacked	0.00
Flour, wheat, white, plain, soft	300g	10x heaped tablespoon	0.00
Ginger, ground	0.47g	0.2x teaspoon	0.00
Nutmeg, ground	1.1g	0.5x teaspoon	0.00
Sultanas	200g	1.4x cup (not packed)	0.00
Apples, eating, raw, flesh and skin	696g	4x Medium	0.00
Eggs, chicken, whole, raw	114g	2x Average, Size 3	0.00
Bicarbonate of soda	0g	2x level teaspoon	0.00
Cinnamon, ground	2.3g	1x teaspoon	0.00
Salt	0g	2.5x average pinch of salt	0.00
Walnuts, kernel only	100g	8.3x 3 whole	0.00

TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	141g	343	0.00	

Ingredient List (QUID) ...

Apples (49.4%), Flour (21.3%) (**Wheat**), Sultanas (14.2%) (**Sulphites**), Brown sugar (10.7%), **Eggs** (8.1%), **Walnuts** (7.1%) (**Tree nuts**), Ground cinnamon (0.16%), Ground nutmeg (0.08%), Ground ginger (0.03%)