

Plain Bagel

Total ingredient (raw) weight: 8480.00 g
 Total (cooked) weight: 7716.80 g
 Weight change: -9.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	120.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1340 kJ	1120 kJ
Protein	10.9 g	9.1 g
Fat, total	1.0 g	0.8 g
- saturated	0.2 g	0.1 g
Carbohydrate	64.3 g	53.6 g
- sugars	7.4 g	6.2 g
Sodium	597 mg	498 mg

Ingredient name: Flour, wheat, white, high protein or breadmaking flour
 02A20060

Amount: 5.00 kg

Energy: 1492 kJ **Fat, total:** 1.2 g **Carbohydrate:** 72.0 g **Sodium:** 2 mg
Protein: 11.3 g **Fat saturated:** 0.2 g **Sugars:** 0.1 g

Ingredient name: Gluten, from wheat (vital wheat gluten)
 10F60059

Amount: 140.00 g

Energy: 1598 kJ **Fat, total:** 2.2 g **Carbohydrate:** 14.3 g **Sodium:** 191 mg
Protein: 74.9 g **Fat saturated:** 0.3 g **Sugars:** 0.1 g

Ingredient name: Sugar, white, granulated or lump
 12A10050

Amount: 300.00 g

Energy: 1700 kJ **Fat, total:** 0.0 g **Carbohydrate:** 100.0 g **Sodium:** 0 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 100.0 g

Ingredient name: Salt, cooking
 10F60062

Amount: 100.00 g

Energy: 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 37980 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

Ingredient name: Yeast, compressed
 10F30007

Amount: 140.00 g

Energy: 282 kJ **Fat, total:** 0.4 g **Carbohydrate:** 1.1 g **Sodium:** 16 mg
Protein: 11.4 g **Fat saturated:** 0.1 g **Sugars:** 0.0 g

Ingredient name: Water, tap
 01B10176

Amount: 2.50 kg

Energy: 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 0 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

Ingredient name: Malt extract
 12A10022

Amount: 300.00 g

Energy: 1318 kJ **Fat, total:** 0.0 g **Carbohydrate:** 71.3 g **Sodium:** 14 mg
Protein: 6.2 g **Fat saturated:** 0.0 g **Sugars:** 57.0 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

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