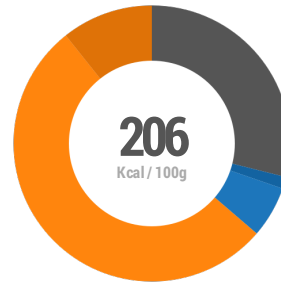
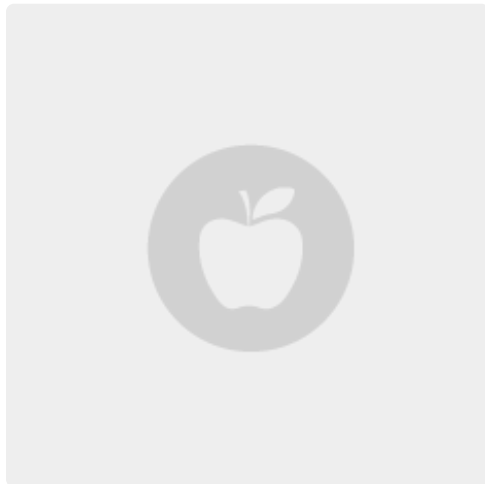


# Baked sesame tofu

By Bridgette Wilson from Kings College London

Overview ...

U / 2505859



WEIGHT:

7.4% Carbs

28.9% Protein

63.7% Fat

Food Labelling...

## EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 145G SERVING	%RI
Energy(Kj)	893 kJ	11%	1294 kJ	15%
Energy(Kcal)	215 kcal	11%	311 kcal	16%
Fat	15 g	21%	21 g	30%
of which saturates	2.4 g	12%	3.5 g	18%
Carbohydrate	3.8 g	1%	5.5 g	2%
of which sugars	0.7 g	1%	1 g	1%
Fibre	3.1 g	12%	4.4 g	18%
Protein	15 g	30%	22 g	44%
Salt	0.33 g	6%	0.48 g	8%

CONTAINS:			
PEANUTS	SESAME	SOYA	SULPHITES
MAY CONTAIN:			
MILK	LUPIN		

## Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 10% RI	Saturated Fat 12% RI	Vitamin A (ret eq) 0% RI
206kcal	2.4g	2.8ug
Energy(Kj) 10% RI	Monounsaturated fat 17% RI	Retinol
857kJ	5g	trace
<b>Macronutrients</b>	cis-Mono	Carotene
Carbohydrate 1% RI	Polyunsaturated fat 41% RI	3.7g
3.8g	Omega3(n-3) 2% RI	0.01ug
Protein 30% RI	Omega6(n-6) 22% RI	Vitamin D 0% RI
14.9g	0.04g	Vitamin E 10% RI
Fat 21% RI	cis-Poly	3.1g
14.6g	Trans-fatty acids	Vitamin K <sub>1</sub> 0% RI
Water	Cholesterol	3.1g
62g	<b>Minerals &amp; trace elements</b>	Thiamin (B <sub>1</sub> ) 27% RI
Water from Drinks	Sodium 6% RI	0.3mg
0g	Potassium 14% RI	Riboflavin (B <sub>2</sub> ) 8% RI
Alcohol	Chloride 1% RI	0.11mg
0g	Calcium 67% RI	Niacin total (B <sub>3</sub> ) 18% RI
<b>Carbohydrate</b>	Phosphorus 33% RI	Niacin
Starch	Magnesium 24% RI	1.7mg
3.1g	Iron 21% RI	Tryptophan
Oligosaccharide	Zinc 18% RI	55mg
0g	Copper 47% RI	Pantothenic Acid (B <sub>5</sub> ) 8% RI
Fibre 12% RI	Manganese 58% RI	0.5mg
3.1g	Selenium 22% RI	Vitamin B <sub>6</sub> 13% RI
NSP	Iodine 1% RI	0.18mg
2.4g		Folates (B <sub>9</sub> ) Total 19% RI
Sugars 1% RI		38ug
0.71g		Vitamin B <sub>12</sub> 0% RI
Glucose		0.01ug
0.07g		Biotin (B <sub>7</sub> ) 15% RI
Galactose		7.4ug
trace		Vitamin C 1% RI
Fructose		0.53mg
0.08g		<b>Other</b>
Sucrose		GI (estimated)
0.55g		31.3
Maltose		GL
0g		1.2
Lactose		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Tofu, raw, firm	100g	0.9x 1/4 block	0.00
Sesame seeds	11g	1x tablespoon	0.00
Peanut sauce (Leon)	30g	0x Recipe Total	0.00
Flour mix, gluten free	2g	0x cup	0.00
Milk, soya, non-dairy alternative to milk, unsweetened, fortified	2g	0.1x Prepacked portion/1 tablespoon	0.00
TOTAL COST:			0.00 RRP : 0.00

## Portions / Pack Sizes:

Portions / Pack Sizes:	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	145g	299	0.00	

## Ingredient List (QUID) ...

Tofu raw firm (69%) (**Soya, Sulphites**), Peanut sauce (Leon) (20.7%) [Unsalted **peanuts** (43.4%), Water (43.4%), Tamari (8.7%) (**Soya**), Tomato puree (4.4%)], **Sesame** seeds (7.6%),  
Gluten free flour (1.4%), Unsweetened **soya** milk (1.4%)

Also contains: **Peanuts**

*For allergens, see items in bold. (May also contain traces of Milk, Lupin)*