

Hamy's Moderately Low Fat and Sugar Biscuits

Total ingredient (raw) weight: 1391.90 g
 Total (cooked) weight: 1294.47 g
 Weight change: -7.00 %

Nutrition Information		
Servings per package:	70.00	
Serving size:	20.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	362 kJ	1810 kJ
Protein	1.3 g	6.3 g
Fat, total	3.7 g	18.3 g
- saturated	1.0 g	4.7 g
Carbohydrate	11.8 g	59.0 g
- sugars	5.4 g	27.3 g
Sodium	16 mg	80 mg

Ingredient name: Butter, salted 04A10060							
Amount: 50.00 g							
Energy:	3036 kJ	Fat, total:	81.5 g	Carbohydrate:	0.0 g	Sodium:	776 mg
Protein:	1.1 g	Fat saturated:	53.8 g	Sugars:	0.0 g		
Ingredient name: Oil, canola 04C10075							
Amount: 180.00 ml Specific gravity: 0.92							
Energy:	3700 kJ	Fat, total:	100.0 g	Carbohydrate:	0.0 g	Sodium:	0 mg
Protein:	0.0 g	Fat saturated:	7.3 g	Sugars:	0.0 g		
Ingredient name: Sugar, white, granulated or lump 12A10050							
Amount: 125.00 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: Syrup, golden 12A10046							
Amount: 45.00 ml Specific gravity: 1.34							
Energy:	1325 kJ	Fat, total:	0.0 g	Carbohydrate:	77.7 g	Sodium:	130 mg
Protein:	0.2 g	Fat saturated:	0.0 g	Sugars:	74.9 g		
Ingredient name: Milk, powder, cow, skim 09A30012							
Amount: 25.00 g							
Energy:	1506 kJ	Fat, total:	0.9 g	Carbohydrate:	50.4 g	Sodium:	428 mg
Protein:	36.3 g	Fat saturated:	0.6 g	Sugars:	50.4 g		
Ingredient name: Flour, wheat, white, high protein or breadmaking flour 02A20060							
Amount: 563.00 g							
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: Baking powder 14B10098							
Amount: 3.00 g							
Energy:	34 kJ	Fat, total:	0.4 g	Carbohydrate:	0.0 g	Sodium:	11800 mg
Protein:	0.1 g	Fat saturated:	0.0 g	Sugars:	0.0 g		
Ingredient name: Chocolate, compound, cooking 12C10228							
Amount: 75.00 g							
Energy:	2195 kJ	Fat, total:	30.3 g	Carbohydrate:	57.0 g	Sodium:	45 mg
Protein:	4.0 g	Fat saturated:	27.7 g	Sugars:	55.3 g		
Ingredient name: Sultana, dried 06D10336							
Amount: 175.00 g							
Energy:	1388 kJ	Fat, total:	0.4 g	Carbohydrate:	75.0 g	Sodium:	36 mg
Protein:	2.8 g	Fat saturated:	0.1 g	Sugars:	73.2 g		

Ingredient name: Water, tap
01B10176

Amount: 150.00 ml	Specific gravity: 1.00			
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		

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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