Peach Crumble

Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Plain Flour	23 g	225 g	1.13 kg	2.25 kg	4.5 kg
Granulated Sugar	12 g	120 g	600 g	1.2 kg	2.4 kg
Margarine	8 g	80 g	400 g	800 g	1.6 kg
Peaches Canned in Juice	50 g	500 g	2.5 kg	5 kg	10 kg

Method

Put flour in mixing bowl
Add marg and sugar
Mix to resemble fine breadcrumbs
Drain the peaches and divide into tins
Cover the fruit with the crumble mix
Bake at 190c until golden.

Assembled Tags

SO_2

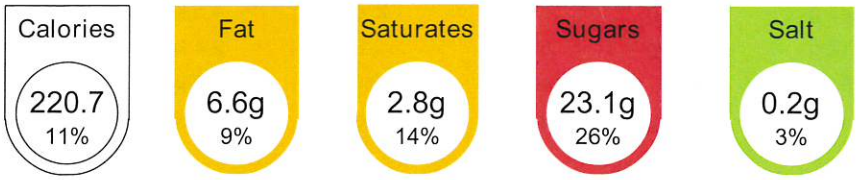
Contains Sulphur Dioxide & Sulphites > 10mg/Kg

Contains Wheat

Peach Crumble

Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	220.65kcal	226.31kcal
Fat	6.64g	6.81g
Satd FA /100g fd	2.81g	2.88g
Carbohydrate	40.26g	41.29g
Protein	2.43g	2.49g
Non Milk Extrinsic Sugar	20.28g	20.8g
NSP	1.1g	1.13g
Vitamin A	58.79µg	60.3µg
Vitamin C	3mg	3.08mg
Zinc	0.2mg	0.21mg
Iron	0.71mg	0.73mg
Folate	5.95µg	6.1µg
Calcium	35.52mg	36.43mg
Sodium	82.73mg	84.85mg
Salt	0.21g	0.22g
Total sugars	23.12g	23.71g



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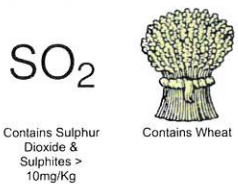
Allergen Assembled Tags