

Sticky Date Flapjack

Gluten Free

FOOD LABELLING...

Serves 12

CONTAINS:



OATS

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 17% RI	348kcal	Saturated Fat 18% RI	3.7g	Vitamin A (ret eq)	-
Energy(Kj) 17% RI	1463kJ	Monounsaturated fat	-	Retinol	-
MACRONUTRIENTS		cis-Mono	-	Carotene	-
Carbohydrate 22% RI	56g	Polyunsaturated fat	-	Vitamin D	-
Protein 9% RI	4.4g	Omega3(n-3)	-	Vitamin E	-
Fat 17% RI	11.8g	Omega6(n-6)	-	Vitamin K ₁	-
Water	23.5g	cis-Poly	-	Thiamin (B ₁)	-
Water from Drinks	0g	Trans-fatty acids	-	Riboflavin (B ₂)	-
Alcohol	-	Cholesterol	-	Niacin total (B ₃)	-
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin	-
Starch	30.1g	Sodium 3% RI	63mg	Tryptophan	-
Oligosaccharide	-	Potassium	-	Pantothenic Acid (B ₅)	-
Fibre 13% RI	3.3g	Chloride 12% RI	95mg	Vitamin B ₆	-
NSP	2.5g	Calcium	-	Folates (B ₉) Total	0ug
Sugars 29% RI	25.9g	Phosphorus	-	Vitamin B ₁₂	-
Glucose	-	Magnesium	-	Biotin (B ₇)	-
Galactose	-	Iron	-	Vitamin C	-
Fructose	-	Zinc	-	OTHER	
Sucrose	-	Copper	-	GI (estimated)	0
Maltose	-	Manganese	-	GL	-
Lactose	-	Selenium	-	Caffeine	-
		Iodine	-		

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

152992 Sysco Classic Gluten Free Flapjack Mix.. - BRAKES

152992 GLUTEN FREE FLAPJACK MIX

BRAKES

1.4kg

1.4 x Each



Cooked by dry ...

1 Tap Water (for VC recipes).. - BRAKES

1

BRAKES

350g

0.35 x Each

N/A

89781 Brakes Chopped Dates..

CHOPPED DATES

BRAKES

150g

0.05x Each



Stewed

87846 Preema Natural Vanilla Extract 500ml.. - BRAKES

 87846 NATURAL VANILLA EXTRACT

BRAKES

5ml

0.01 x Each

N/A

COOKING INSTRUCTIONS & NOTES

METHOD

Method

Place the dates in a small saucepan with 180ml water & vanilla, cook on a low heat for approximately 5 minutes, stand & allow to cool
Place the flapjack mix with the remaining water in a bowl of an electric mixer, mix on a low speed until the mix come together, less than 1 minute
Take half of the flapjack mix & press down in a greased & lined 9x9 dish
Spread over the dates
Top with the remaining flapjack & press down gently
Bake in a pre heated oven at 160'c for approximately 25 minutes
Allow to cool before cutting