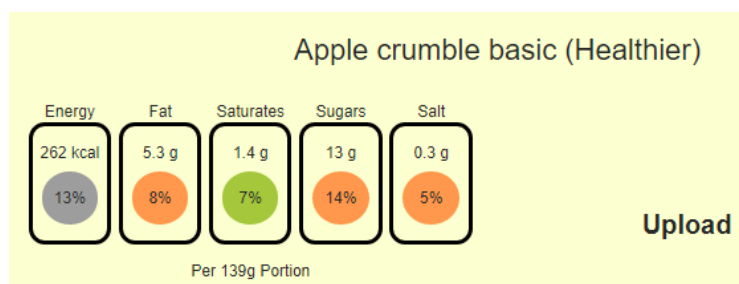


## Apple Crumble – Answer Sheet

1. How many red traffic light symbols does the recipe have? **2 – total sugars & saturated fats**
2. How much saturated fat per 100g in this recipe? **8.2g**
3. How much protein per 100g in this recipe? **2.7g**
4. How much fibre per 100g in this recipe? **1.9g**
5. How many grams of carbohydrate should an adult have per day? (place your cursor over the carbohydrate) **260g per day**
6. What is the cost per 100g for the recipe? **£1:24**
7. What allergens are in this recipe? **Gluten & milk**
8. Which groups of people should not eat this dish AND which are the ingredients that are an issue? **Coeliac & Lactose intolerant - Flour & butter**

### Healthier Option

By reducing the sugar, changing to low fat spread and modifying the flour to 75g wholemeal & 100g plain white we no longer have red traffic lights



Ingredients			
apple (43%), flour (18%), spread (18%), wholemeal flour (13%), Sucralose (4%), caster sugar white (2%)			
	Per 100g	Per portion (139g)	RI
Energy	799 kJ	1108 kJ	13%
Energy	189 kcal	262 kcal	13%
Fat*	3.8 g	5.3 g	8% <span style="color: red;">●</span>
Saturates*	1.0 g	1.4 g	7% <span style="color: green;">●</span>
Carbohydrate	36 g	50 g	22%
Sugars	9.0 g	13 g	14% <span style="color: red;">●</span>
Protein*	4.2 g	5.9 g	13%
Fibre*	3.1 g	4.3 g	18%
Salt	0.2 g	0.3 g	5% <span style="color: red;">●</span>

### Allergy free version

From the basic recipe change flour to gluten free flour and the butter to lacto free spread

Thankyou to Jill Oliver for these worksheets

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