

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Puddings										
174	Bread pudding	Recipe	1.00	30.6	0.98	5.9	9.5	48.0	289	1220
175	Christmas pudding, retail	10 samples, 4 brands	1.00	(23.6)	0.53	3.0	11.8	56.3	329	1388
176	Crumble, fruit	10 samples, including apple, apple and blackberry and rhubarb. Fresh and frozen	1.00	49.1	0.38	2.4	8.3	36.0	219	924
177	fruit, wholemeal	Recipe. Apple, gooseberry, plum, rhubarb	1.00	54.8	0.44	2.6	7.4	31.6	195	822
178	Fruit pie, one crust	Recipe. Apple, gooseberry, plum, rhubarb	1.00	58.6	0.36	2.1	8.2	28.8	190	798
179	pastry top and bottom	Recipe. Ref. Wiles et al. (1980)	1.00	47.8	0.53	3.1	13.6	33.9	262	1096
180	individual	10 pies, as purchased, 3 brands; apple, blackcurrant, blackberry, apricot	1.00	22.9	0.75	4.3	14.0	56.7	356	1498
181	blackcurrant, pastry top and bottom	Recipe. Ref. Wiles et al. (1980)	1.00	42.3	0.54	3.1	13.5	34.5	263	1104
182	Fruit pie, wholemeal, one crust	Recipe. Ref. Wiles et al. (1980). Apple, gooseberry, plum, rhubarb	1.00	58.6	0.45	2.7	8.3	26.5	185	777
183	wholemeal, pastry top and bottom	Recipe. Ref. Wiles et al. (1980). Apple, gooseberry, plum, rhubarb	1.00	47.9	0.68	4.0	13.8	30.0	253	1060
184	Lemon meringue pie	8 samples, 4 brands. Fresh and frozen	1.00	42.1	0.46	2.9	8.5	43.5	251	1060
185	Pancakes, sweet, made with whole milk	Recipe	1.00	43.4	0.98	6.0	16.3	34.9	302	1265
186	Sponge pudding, canned	10 assorted samples of the same brand	1.00	35.3	0.54	3.1	9.1	45.4	265	1116
187	Treacle tart	Recipe	1.00	19.1	0.68	3.9	14.2	62.8	379	1597