

Supplex chocolate cake powder 200g

Low-fat chocolate cake mix with no added sugar

Natural supply of proteins, calcium, phosphorous, magnesium and iron

1 sachet of 200g = 4 to 6 portions

Mixture for 1 individual ramekin: 40 g + 3 tablespoons of water

Supplex chocolate cake is rich in natural essential nutrients and contains no synthetic sweetener.

No added sugar: this dessert mix enables diabetics to prevent blood sugar level problems and overweight people to control their consumption of sugar. Naturally, you can add some sweetener when preparing the mix according to your eating habits.

Proteins: are responsible for construction, growth, renovation and above all are elements that govern all the defences of the immune system.

Calcium: plays a role in the biological operation of the cells as well as the organs (particularly bones). Necessary for healthy bones.

Phosphorous: is essential for the growth of the skeleton and teeth. Its role is fairly similar and complements the action of the calcium.

Magnesium: contributes to neuromuscular operation and the conduction of nerve impulses.

Iron: is necessary for transporting oxygen by the red blood cells and in the formation of haemoglobin.

Supplex chocolate cake helps to cover the daily requirements for these minerals without a large intake of extra monosaccharides and fats.

Ingredients: skimmed milk, oligofructose, wheat flour, yeast (citric acid, sodium bicarbonate), low fat cocoa (8%), whole powdered egg, rice flour, oatmeal, [F.A.L® seaweed](#).

may contain traces of peanut

Oligofructose is a natural carbohydrate providing a sweet flavour but which is not digested by the digestive system, it therefore has a reduced calorific value. Oligofructose has the same properties as fibres: its ingestion does not increase the blood sugar levels and does not stimulate the secretion of insulin.

Eating more than two 40 g portions per day may result in the appearance of intestinal problems not harmful to the health of the consumer.

Nutritional advice:

You can increase the sweetness of the dessert by adding one tablespoon of granulated sugar or the equivalent in sweetener to cook.

Know that a sugared product eaten within a meal has less effect on the blood sugar level.

It can be accompanied with Supplex confectioners' custard, a thin custard or even a red fruit coulis.

NUTRITIONAL INFORMATION AND RDA %*

Cocoa cake	Intake for 100 g of dry product	Intake for one portion of cake (40 g)
Energy	362 kcal 1,533kJ	144.8kcal 613.2kJ
Proteins	21.38 g	8.55 g
Carbohydrates <i>Monosaccharides</i>	59.46g 22 g	23.78g 8.8 g
Fats <i>saturated fatty acids</i> <i>unsaturated fatty acids</i>	4.27 g 1.76 g 2.51 g	1.70 g 0.70 g 1.00 g
Minerals Calcium Iron Magnesium Phosphorous	525 mg (65% RDA) 8.9 mg (63% RDA) 97 mg (32% RDA) 511 mg (63% RDA)	210 mg (26% RDA) 3.56 mg (25% RDA) 38.8 mg (13% RDA) 204.4 mg (25% RDA)

*RDA: Recommended daily allowance

Monosaccharides: 8g saccharose - 0.50 g maltose - 0.04 g glucose - 0.04 g fructose

chocolate cake	For 100g of powder	For one portion of cake (40 g)
With 1 level tablespoon of granulated sugar added to the mix	27 g of sugar	10.8 g of sugar
With a knob of margarine	7.19 g fats 1.76 g saturated fatty acids 5.43 g unsaturated fatty acids	2.87 g fats 0.70 g saturated fatty acids 2.17 g unsaturated fatty acids

F.A.L.® seaweed:

- • A judicious blend of Fucus, Ascophyllum, and Laminaria seaweed, naturally rich in micro-nutrients (magnesium, iron, phosphorous, calcium, etc.), substances essential in minute quantities to growth and the proper functioning of the body.
- • Invigorating, low calorie and very nourishing, they help to rebalance modern food, often deficient in trace elements, vitamins and mineral salts.
An approved laboratory controls the seaweed selected and used by Supplex.