

LIGHT WHOLEMEAL 700G

NUTRITION INFORMATION		
Servings per package: 7.7		
Serving size: 90 g (approx. 2 slices)		
	AVG. QTY. per Serving	AVG. QTY. per 100 g
Energy	789 kJ	877 kJ
Protein	6.6 g	7.3 g
Fat, total	1.1 g	1.2 g
- saturated	0.18 g	0.2 g
Carbohydrate	36.7 g	40.7 g
- sugars	0.63 g	0.7 g
Sodium	497 mg	552 mg

HIGHTOP 700G (ALSO SAME AS: CASALINGA 700G)

NUTRITION INFORMATION		
Servings per package: 7.7		
Serving size: 90 g (approx. 2 slices)		
	AVG. QTY. per Serving	AVG. QTY. per 100 g
Energy	874 kJ	971 kJ
Protein	6.9 g	7.7 g
Fat, total	0.9 g	1.0 g
- saturated	0.2 g	0.2 g
Carbohydrate	42.1 g	46.8 g
- sugars	0.5 g	0.6 g
Sodium	495 mg	550 mg

FRUIT LOAF 700G

NUTRITION INFORMATION		
Servings per package: 7.7		
Serving size: 90 g (approx. 2 slices)		
	AVG. QTY. per Serving	AVG. QTY. per 100 g
Energy	840 kJ	933 kJ
Protein	5.6 g	6.2 g
Fat, total	0.8 g	0.9 g
- saturated	0.18 g	0.2 g
Carbohydrate	40.7 g	45.2 g
- sugars	12.9 g	14.4 g
Sodium	376 mg	418 mg

STONEGROUND 700G

NUTRITION INFORMATION		
Servings per package: 7.7		
Serving size: 90 g (approx. 2 slices)		
	AVG. QTY. per Serving	AVG. QTY. per 100 g
Energy	777 kJ	864 kJ
Protein	6.8 g	7.6 g
Fat, total	1.4 g	1.6 g
- saturated	0.09 g	0.1 g
Carbohydrate	33.0 g	36.7 g
- sugars	0.18 g	0.2 g
Sodium	483 mg	537 mg

BATARD 400G

NUTRITION INFORMATION		
Servings per package: 13.3		
Serving size: 30 g		
	AVG. QTY. per Serving	AVG. QTY. per 100 g
Energy	291 kJ	971 kJ
Protein	2.3 g	7.7 g
Fat, total	0.3 g	1.0 g
- saturated	0.6 g	0.2 g
Carbohydrate	14.05 g	46.8 g
- sugars	0.2 g	0.6 g
Sodium	165 mg	550 mg

SEED & SPROUT 700G

NUTRITION INFORMATION		
Servings per package: 7.7		
Serving size: 90 g (approx. 2 slices)		
	AVG. QTY. per Serving	AVG. QTY. per 100 g
Energy	853 kJ	948 kJ
Protein	7.3 g	8.1 g
Fat, total	2.5 g	2.8 g
- saturated	0.27 g	0.3 g
Carbohydrate	37.0 g	41.1 g
- sugars	0.54 g	0.6 g
Sodium	422 mg	469 mg

CIABATTA 500G

NUTRITION INFORMATION		
Servings per package: 6.2		
Serving size: 80 g (approx. 2 slices)		
	AVG. QTY. per Serving	AVG. QTY. per 100 g
Energy	856 kJ	1070 kJ
Protein	6.1 g	7.6 g
Fat, total	2.7 g	3.4 g
- saturated	0.4 g	0.5 g
Carbohydrate	37.1 g	46.4 g
- sugars	0.5 g	0.6 g
Sodium	447 mg	560 mg

BAGUETTE

NUTRITION INFORMATION		
Servings per package: 11.6		
Serving size: 30 g		
	AVG. QTY. per Serving	AVG. QTY. per 100 g
Energy	291 kJ	971 kJ
Protein	2.3 g	7.7 g
Fat, total	0.3 g	1.0 g
- saturated	0.06 g	0.2 g
Carbohydrate	14.05 g	46.8 g
- sugars	0.18 g	0.6 g
Sodium	165 mg	550 mg

OLIVE & ROSEMARY

NUTRITION INFORMATION		
Servings per package: 11.5		
Serving size: 40 g (approx. 1 slice)		
	AVG. QTY. per Serving	AVG. QTY. per 100 g
Energy	384 kJ	960 kJ
Protein	2.9 g	7.2 g
Fat, total	1.0 g	2.5 g
- saturated	0.1 g	0.4 g
Carbohydrate	17.2 g	43.1 g
- sugars	0.3 g	0.7 g
Sodium	180 mg	450 mg

VOLLKORN

NUTRITION INFORMATION		
Servings per package: 10		
Serving size: 80 g (approx. 2 slices)		
	AVG. QTY. per Serving	AVG. QTY. per 100 g
Energy	238 kJ	297 kJ
Protein	2.2 g	2.8 g
Fat, total	0.4 g	0.5 g
- saturated	0.0 g	0.0 g
Carbohydrate	10.4 g	13.0 g
- sugars	0.1 g	0.1 g
Sodium	364 mg	455 mg