

Nutritional Information

Serving Size: 30g dry mix / 70g prepared (1 slice)

Servings Per Pack: 12 slices

	DRY MIX		PREPARED	
	Avg qty per serve	Avg qty per 100g	Avg qty per serve	Avg qty per 100g
Energy	536 kJ	1780 kJ	932 kJ	1330 kJ
Protein	3.2 g	10.8 g	4.6 g	6.6 g
Fat - Total	5.4 g	18.1 g	13.0 g	18.6 g
- Saturated	0.5 g	1.7 g	1.8 g	2.6 g
Carbohydrate	15.5 g	51.6 g	20.4 g	29.1 g
- Sugars	7.3 g	24.4 g	10.5 g	15.0 g
Sodium	59 mg	197 mg	70 mg	100 mg