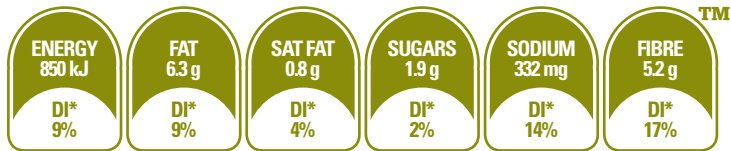




Bürgen® Pumpkin Seeds Bread



PER 83 g SERVE

Nutrition Information

Servings per package: 8 (14 slices + 2 crusts)
Serving size: 83 g (2 slices)^

	Average Quantity per Serving	% Daily Intake* per Serving	Average Quantity per 100 g
Energy	850 kJ	9%	1020 kJ
Protein	11.8 g	24%	14.2 g
Fat, total	6.3 g	9%	7.6 g
- saturated	0.8 g	4%	1.0 g
Carbohydrate	21.9 g	7%	26.4 g
- sugars	1.9 g	2%	2.3 g
Dietary Fibre, total	5.2 g	17%	6.3 g
- soluble	0.8 g	-	1.0 g
- insoluble	4.4 g	-	5.3 g
Sodium	332 mg	14%	400 mg
Iron	1.9 mg (16% RDI†)	-	2.3 mg

† RDI = Recommended Dietary Intake.

* % Daily Intakes are based on an average adult diet of 8700 kJ.

^ Two slices of Bürgen® Pumpkin Seeds contributes 60% of the 48 g whole grain Daily Target Intake.
Low GI (Glycemic Index) = 51

Ingredient Declaration

Water, Whole Grain Wholemeal Wheat Flour (23%), Mixed Whole Grain (14%) (Kibbled Purple Wheat, Kibbled Rye and/or Triticale, Kibbled Wheat), Wheat Flour, Pumpkin Seeds (9%), Wheat Gluten, Canola Oil, Baker's Yeast, Vinegar, Iodised Salt, Cultured Whey, Vitamins (Thiamin, Folate).

Contains: Wheat, Rye and/or Triticale and Milk.

May be present: Sesame Seeds & Soy.