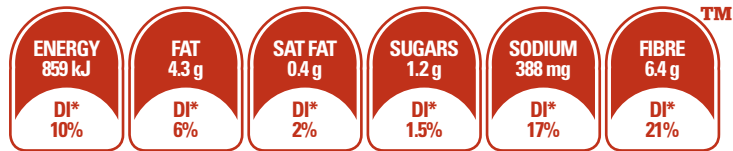




Bürgen® Rye Bread



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	859 kJ	10%	1035 kJ
Protein	8.8 g	18%	10.6 g
Fat, total	4.3 g	6%	5.2 g
- saturated	0.4 g	2%	0.5 g
Carbohydrate	29.4 g	10%	35.4 g
- sugars	1.2 g	1.5%	1.5 g
Dietary Fibre, total	6.4 g	21%	7.7 g
- soluble	1.2 g	-	1.4 g
- insoluble	5.2 g	-	6.3 g
Sodium	388 mg	17%	467 mg
Iron	1.2 mg (10% RDI†)	-	14 mg

† RDI = Recommended Dietary Intake.

* % Daily Intakes are based on an average adult diet of 8700 kJ.
Low GI (Glycemic Index) = 53

Ingredient Declaration

Water, Wheat Flour, Kibbled Rye and/or Triticale (16%), Wheat Gluten, Wholemeal Rye Flour (5%), Canola Oil, Corn Starch, Baker's Yeast, Barley Malt Flour (1%), Vinegar, Iodised Salt, Cultured Whey, Vitamins (Thiamin, Folate).

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

May be present: Sesame Seeds & Soy.