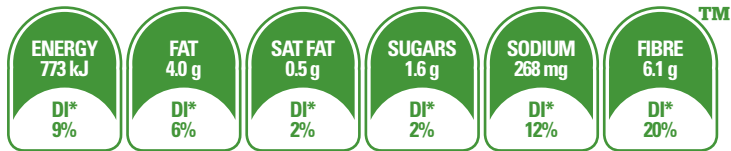




Bürgen® Whole Grain & Oats Bread



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	773 kJ	9%	931 kJ
Protein	9.0 g	18%	10.8 g
Fat, total	4.0 g	6%	4.8 g
- saturated	0.5 g	2%	0.6 g
Carbohydrate	25.0 g	8%	30.1 g
- sugars	1.6 g	2%	1.9 g
Dietary Fibre, total	6.1 g	20%	7.3 g
- soluble	1.0 g	-	1.2 g
- insoluble	5.1 g	-	6.1 g
Sodium	268 mg	12%	323 mg
Iron	1.4 mg (12% RDI†)		1.7 mg

† RDI = Recommended Dietary Intake.

* % Daily Intakes are based on an average adult diet of 8700 kJ.
Low GI (Glycemic Index) = 51

Ingredient Declaration

Water, Wheat Flour, Mixed Whole Grain (12%) (Kibbled Corn, Oat Groats (2.5%), Kibbled Rye and/or Triticale, Kibbled Wheat, Kibbled Barley (2%)), Wheat Gluten, Oat Bran (6%), Linseed (3%), Canola Oil, Baker's Yeast, Vinegar, Honey, Cultured Whey, Iodised Salt, Vitamins (Thiamin, Folate).

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

May be present: Sesame Seeds & Soy.