

Juvela Nutrition Summary

Nutritional Values (per 100g)	Pack Size	Energy kJ/kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (mg)	Niacin (mg)	Riboflavin (mg)	Vitamin B6 (mg)	Thiamine (mg)	Folic Acid (µg)	Calcium (g)	Iron (g)
LOAVES & ROLLS																
Fresh White Bread	8 x 400g	936/221	2.4	0.5	44	3.8	4.7	3.8	0.9	2.6	0.3	0.2	0.2	30	129	4.1
Fresh Fibre Bread	8 x 400g	1018/242	4.5	0.9	45	3.3	6.2	3.4	0.9	2.5	0.3	0.3	0.2	30	120	4.1
Fresh White Rolls	8 x 5 x 85g	1142/275	4.9	0.9	49	4.8	3.1	3.9	0.9	2.6	0.3	0.2	0.2	30	129	4.1
Fresh Fibre Rolls	8 x 5 x 85g	1079/255	4.6	0.9	48	3.7	6.2	3.6	0.9	2.5	0.3	0.2	0.2	30	120	4.1
White Loaf Sliced	400g	911/216	2.8	0.6	41	4.3	6.5	3.2	1	2.7	0.3	0.3	0.2	30	121	4.5
White Loaf Unsliced	400g	983/232	2.9	0.9	47.8	5.4	3.3	3.7	1	2.7	0.3	0.3	0.2	30	113	4.3
Fibre Loaf Sliced	400g	911/216	2.8	0.7	40.4	4.7	7	3.8	1	2.7	0.3	0.3	0.2	30	121	4.5
Fibre Loaf Unsliced	400g	870/205	2.6	0.3	42.1	4.4	5	3.4	1	2.7	0.3	0.3	0.2	30	160	4.3
White Part Baked Loaf	400g	983/232	2.9	0.9	47.8	5.4	3.3	3.7	1	2.7	0.3	0.3	0.2	30	113	4
Fibre Part Baked Loaf	400g	870/205	2.6	0.3	42.1	4.4	5	3.4	1	2.7	0.3	0.3	0.2	30	160	4.3
White Rolls	5 x 85g	1080/256	5.9	2.5	46.7	8.8	3.5	4	1	2.7	0.3	0.3	0.2	30	145	4.5
Fibre Rolls	5 x 85g	922/218	4	1.7	41.7	6.2	4.4	3.8	1	2.7	0.3	0.3	0.2	30	150	4.9
Part Baked White Rolls	5 x 75g	1125/266	3	0.7	49.3	8.1	2.6	3.8	1	2.7	0.3	0.3	0.2	30	136	4.5
Part Baked Fibre Rolls	5 x 75g	986/233	4	1.7	45.5	7.1	5.9	3.8	1	2.7	0.3	0.3	0.2	30	122	4
ALL-PURPOSE MIXES																
White Mix	500g	1467/346	0.5	<0.5	80	8.5	1.5	4.5	0.5	4	0.4	0.35	0.4	40	150	6.5
Fibre Mix	500g	1319/311	0.5	<0.5	71	8.5	11	5.5	0.5	4	0.4	0.35	0.4	40	150	8
Harvest White Mix	500g	1472/347	0.5	<0.5	83	4	2	2.5	0.13	4	0.4	0.35	0.4	40	12	7.5

