

Nutritional Info

Nutrients

	Biscuits									
	Almond biscuits		Apricot munchies		Crunchies		Ginger biscuits		Peanut butter	
	100g	Serving 1 biscuit (8g)	100g	Serving 1 biscuit (20g)	100g	Serving 1 crunchie (25g)	100g	Serving 1 biscuit (8g)	100g	Serving 1 biscuit (14g)
Energy kJ	2217	173	2168	404	1891	498	1817	151	1769	248
Protein g	8.8	0.7	6.0	1.1	7.5	2.0	6.3	0.5	8.3	1.2
Carbohydrate g	62	5	80	15	6	14	67	6	58	8
of which total sugar g	34.0	2.7	23.4	4.4	20.5	5.4	34.5	2.9	28.2	4.0
Total fat g	26.2	2.0	19.0	3.5	19.4	5.1	14.4	1.2	15.9	2.2
of which saturated fat (g)	2.6	0.2	10.1	1.9	8.7	2.3	7.5	0.6	5.5	0.8
of which trans fat (g)	0	0	0	0	0	0	0	0	0	0
of which monosaturated fat(g)	14.6	1.1	4.9	0.9	3.6	0.9	3.8	0.3	4.0	0.6
of which polyunsaturated fat (g)	7.5	0.6	1.1	0.2	5.7	1.9	1.1	0.1	5.1	0.7
Cholesterol mg	69	5	72	14	20	5	5	4	19	3
Dietary fibre	3.6	0.3	2.4	0.4	6.8	1.8	2.7	0.2	6.9	1.0
Total sodium mg	654	51	411	77	390	103	456	38	375	53
GL		5		14		13		3		6
GI	LOW		LOW		LOW		LOW		LOW	
Exchange value	½ starch + ½fat		1 starch + ½fat		1 starch + 1 fat		½ starch +½ fat		½ starch + ½fat	
Added value	Source of fibre > 3 g 100g				High in fibre > 6 g 100g LOW CHOLESTEROL < 20mg 100g				High in fibre > 6 g 100g LOW CHOLESTEROL < 20mg 100g	
Ideal snack portion	3 biscuits		1 biscuit		1 biscuit		3 biscuits		2 biscuits	
ALLERGENS	Tree nuts, Egg Wheat (gluten), soya		Egg, Cow's milk, Wheat (gluten)		Egg, Cow's milk, Wheat (gluten), soya		Egg, Cow's milk, Wheat (gluten), soya		Egg, Cow's milk, Wheat (gluten), soya	
INGREDIENTS	Flour mix (oats,whole-wheat cereal(wheat flour,soya,wheat bran, sugar, chicory, salt), wheat flour), sugar, veg oil(sunflower seed), egg, almond (7%), raising agent, salt flavouing		Flour mix (wheat flour, oats), sugar, apricot jam (16%)(sugar, glucose, aprioct), butter, eggs, flavouring, raising agent, cinnamon, salt		Flour mix (oats, wheat flour, oat bran, wheat bran), sugar, med fat spread (vegetable oil and fats(palm kernel), salt, milk solids), dessicated coconut, eggs, syrup, salt, raising agent		Flour mix (wheat flour, oat bran(10%), whole wheat cereal {wheat flour, soya, wheat bran, sugar, chicory, salt}), sugar, butter, apricot jam (sugar, glucose, apricot), apple(7%), egg, ginger(1%), low-fat milk, raising agent		Flour mix (oats, wheat flour, bran cereal[wheat flour, sugar, soya flour, malt, salt], oat, digestive bran, oat bran), sugar, peanut butter(8%)(peanuts, sugar, stabilizer, salt), med fat spread(veg oil &fats[palm kernel]), egg, dessicated coconut, low fat milk, raising agent, flavouring, salt	