

Nutritional Info

Nutrients

Energy | kJ

Protein | g

Carbohydrate | g

of which total sugar | g

Total fat | g

of which saturated fat (g)

of which trans fat (g)

of which monosaturated fat(g)

of which polyunsaturated fat (g)

Cholesterol | mg

Dietary fibre

Total sodium | mg

GL

GI

Exchange value

Added value

ALLERGENS

INGREDIENTS

eatrite
PORTION CONTROLLED · LOW GI

Frozen snack foods								
	Bran muffin		Carrotnut muffin		Lunch muffin		Choc brownie	
	100g	Serving 60g	100g	Serving 60g	100g	Serving 90	100g	Serving 60g
Energy kJ	1024	615	1023	651	980	882	834	506
Protein g	5.3	3.2	5.2	3.3	6.4	5.8	5.6	3.4
Carbohydrate g	41	25	39	25	38	34	38	23
of which total sugar g	16.7	10.0	15.8	10.1	12.9	11.6	23.4	14.2
Total fat g	5.6	3.3	6.4	4.0	4.8	4.3	2.7	1.6
of which saturated fat (g)	1.1	0.7	10.1	1.9	8.7	2.3	7.5	0.6
of which trans fat (g)	0	0	0	0	0	0	0	0
of which monosaturated fat(g)	1.2	0.7	4.9	0.9	3.6	0.9	3.8	0.3
of which polyunsaturated fat (g)	2.3	1.4	1.1	0.2	5.7	1.9	1.1	0.1
Cholesterol mg	32	19	55	35	36	32	92	56
Dietary fibre	4.5	2.7	4.4	2.8	6.7	6.0	3.9	2.4
Total sodium mg	528	317	499	318	429	386	355	216
GL		9		15		33		14
GI	LOW		LOW		LOW		LOW	
Exchange value	1 starch, ½ fat ½ low-fat dairy		1 starch, ½ fat ½ low-fat dairy		2 starch, 1 fat		1½ starch, ½ fat	
Added value	Source of fibre > 3 g 100g		Source of fibre > 3 g 100g		High in fibre > 6 g 100g			
ALLERGENS	Wheat (gluten) Egg, Cow's milk, Soya		Wheat (gluten) Egg, Cow's milk, Soya		Wheat (gluten) Egg, Cow's milk, Soya		Cow's milk Egg, Cow's milk	
INGREDIENTS	Low-fat milk, flour mix (wheat flour, oat bran, wheat bran(10%)), sugar, sultananas, apple, egg, vegetable oil (sunflower seed), raising agent, salt, flavouring, cinnamon		Low-fat milk, flour mix (wheat flour, oat bran, wheat bran) sugar, sultanans, apple, egg, carrot (4%), vegetable oil(sunflower seed), pecan nuts(1%), raising agent, salt flavouring, cinnamon		Flour mix (wheat flour, wheat bran, oats, oat bran, whole-wheat cereal[wheat flour,soya,wheat bran, sugar,chicory salt], high bran cereal[digestive bran wheat flour, sugar soya flour, malt extract, colouring], Low-fat milk, apple, sweet potato, sugar, egg, sultana, vegetable oil(sunflower seed) raising agent, salt flavouring		Butter beans, sugar, apple, egg, wheat flour, cocoa (6%), low-fat milk, raising agent, salt	

Oats, Wheat bran, Oat bran, Wheat flour contains GLUTEN