

MAMA KA'Z WALNUT BANANA BREAD

| NUTRITION INFORMATION | | |
|--------------------------------------|------------------------------|---------------------------|
| Servings per package: 12 | | |
| Serving size: 160g (approx. 1 slice) | | |
| | Average quantity per serving | Average quantity per 100g |
| Energy | 1610kJ (385 Cal) | 1010kJ (241 Cal) |
| Protein | 9.1g | 5.7g |
| Fat, total | 13.3g | 8.3g |
| Saturated fat | 1.3g | 0.8g |
| Carbohydrate, total | 55.7g | 34.8g |
| Sugars | 18.3g | 11.4g |
| Dietary fibre | 3.7g | 2.3g |
| Sodium | 468mg | 293mg |
| Vitamin C | 7.1mg (18% RDI*) | 4.5mg |
| Iron | 1.7mg (14% RDI*) | 1.1mg |
| Folate | 31ug (16% RDI*) | 19ug |

*Recommended Dietary Intake

Nutrient values may vary due to seasonal variation.

Ingredients: Banana (37%), **wheat flour**, water, **egg**, **walnuts** (5%), sugar, canola oil, raising agents (450, 500)

Contains tree nuts

Claims that Mama Ka'z can make on Walnut Banana Bread packaging:

- No added colours, flavours or preservatives
- Made with real bananas
- Dairy free
- High in dietary fibre (if you make this claim fibre must appear in the NIP, but I would recommend having it in the panel anyway)
- Source of Vitamin C (if you make this claim, Vitamin C content has to appear in the NIP)
- Source of folate (if you make this claim, folate content has to appear in the NIP)
- Source of iron (if you make this claim, iron content has to appear in the NIP)