



B.I.Y. SENSATIONALLY PLAIN BAKING MIX
Chocolate Brownies
Nutritional Information Panel

All our brownies are gluten free. We don't use any nuts or nut flours, although there could be traces of nuts as ingredients are packaged in facilities that could contain nuts.

NUTRITION INFORMATION			
Servings per package:	12		
Serving size:	80g		
	Average Quantity per Serving as prepared	% Daily Intake* (per Serving) as prepared	Average Quantity per 100g as prepared
Energy	1470kJ	17%	1840kJ
	352(Cal)	17%	440(Cal)
Protein	3.3g	7%	4.1g
- gluten	0g		0g
Fat, total	13.6g	19%	17.1g
- saturated	9.5g	40%	11.9g
Carbohydrate	53.6g	17%	67g
- sugars	41.3g	46%	51.6g
Dietary Fibre	0.7g	2%	0.8g
Sodium	164mg	7%	205mg
*Based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.			
Ingredients			
Brown Sugar, Flour [rice, tapioca], Compound Chocolate (17%) [sugar, vegetable oil, milk solids, cocoa solids, emulsifiers (322-soy, 492), natural flavour], Cocoa (7%), Raising Agents (500, 450, 541, 336), Stabiliser (415)			
Contains Soy, Milk, May contain Egg, Peanuts, Tree Nuts from manufacturing			