



**B.I.Y. VEGAN 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.

<b>NUTRITION INFORMATION</b>			
Servings per package:	12		
Serving size:	75g		
	Average Quantity per Serving as prepared	% Daily Intake* (per Serving) as prepared	Average Quantity per 100g as prepared
Energy	1260kJ 300(Cal)	14% 14%	1680kJ 400(Cal)
Protein	2.6g	5%	3.4g
- gluten	0g		0g
Fat, total	12.4g	18%	16.5g
- saturated	2.3g	10%	3.1g
Carbohydrate	44.3g	14%	59.1g
- sugars	24.2g	27%	32.2g
Dietary Fibre	1.2g	4%	1.6g
Sodium	222mg	10%	296mg
*Based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.			
<b>Ingredients</b>			
Flour [rice, tapioca], Sugar, Chocolate (13%) [cacao, sugar], Cocoa, Raising Agents (500, 450, 541, 336), Salt, Stabiliser (415)			
<b>May contain Peanuts, Tree Nuts from manufacturing</b>			