

GLUTEN FREE - The White One

INGREDIENTS: WATER, MODIFIED TAPIOCA FLOUR (1442), MAIZE FLOUR, SORGHUM FLOUR, OLIVE OIL, WHITE RICE FLOUR, PSYLLIUM HUSK, STABILISER (464), SALT, SUGAR, YEAST, STABILISER (415).

Nutrient Information	Avg per serve 75 g	Avg Per 100g
Energy:	727kJ	970kJ
Calories:	174Cal	232Cal
Calories from Fat:	40Cal	54Cal
Protein:	1.2g	1.6g
Fat, Total:	4.5g	6g
- Saturated:	0.7g	0.9g
Carbohydrate:	30.6g	40.8g
- Sugars:	0.8g	1.1g
Sodium:	292mg	389mg