



Lea ZWEIER

MOUNTAIN BREAD & FOOD PTY.LTD.

A.C.N. 080471423 A.B.N. 49080471423

Makers of Mountain Bread: Whole Wheat, Rye, Oat, Corn, Barley, Rice
White & Organic Whole Wheat

Yeast Free

Cholesterol Free

MOUNTAIN ORGANIC WHOLE WHEAT BREAD



Ingredients: Organic Whole Wheat Flour, Filtered Water, Salt.

NUTRITIONAL INFORMATION

PER 25 gm. ONE SLICE		PER 100 gm.	
Protein	2g	Protein	9g
Fat	Nil	Fat	Nil
Carbohydrate	15g	Carbohydrate	61g
Energy	297 kj	Energy	1190 kj
Cholesterol	Nil	Cholesterol	Nil
Sodium	80mg	Sodium	310mg
Potassium	45	Potassium	180
Dietary Fibre	1g	Dietary Fibre	2g
			280 cal

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