

*the Boston Bakehouse*

Unit 22, Corish Industrial Estate, 75 Corish Circle, Eastgardens NSW 2035

**Product Data Sheet**

**NAME:** Fig Nut & Grain - Nutritious and Delicious

Deliciously nutritious health slice combining the unique taste of figs, luscious golden honey with grains high in protein and buttery rich flavoured pecan nuts. Truly distinctive flavour.

**INGREDIENT LISTING:** Fig 7.49% Nut 11.23% Grains 18.71%

Sugar, Flour, Honey, Butter, Oat, Organic Fig, Pecan Nut, Linseed, Sultana Almond, Sesame Seed, Sunflower Seed, Pumpkin Seed, Poppy Seed

**ALLERGENS:** Seeds, Nuts, Wheat

Manufactured in a facility using equipment that has processed peanuts, nuts and other allergens

**Weight:** product (when packed):

12 slices per box

Box weight: 667 g (approximate)

Slice weight: 55.6 g (approximate)

**Storage:** Below 4 degrees celsius, dry and dark. Prolonged exposure to excessive heat

will cause product deterioration. Freezing may cause discolouration.

**Shelf Life:** Best Before 90 days from manufacture.

Nutritional Analysis (per serve)		Nutritional Analysis (per 100g)	
Energy	1070 kJ	Energy	1930 kJ
Protein	4.4 g	Protein	7.9 g
Fat, total	13.6 g	Fat, total	24.5 g
- saturated	3.6 g	- saturated	6.5 g
Carbohydrate, total	27.2 g	Carbohydrate, total	48.9 g
- sugars	19.8 g	- sugars	35.7 g
Sodium	50 mg	Sodium	91 mg



**Date of issue:** 10th May 2015