

bread

nutrition facts per 50g

francese roll

calories 140
total fat 0.5 g
 saturated fat 0 g
 trans fat 0 g
cholesterol 0 mg
sodium 290 mg
carbohydrate 28 g
 dietary fibre 1 g
 sugars 1 g
protein 5 g

multigrain

calories 130
total fat 1.5 g
 saturated fat 0.2 g
 trans fat 0 g
cholesterol 0 mg
sodium 240 mg
carbohydrate 25 g
 dietary fibre 3 g
 sugars 2 g
protein 4 g

olive loaf

calories 120
total fat 1 g
 saturated fat 0.2 g
 trans fat 0 g
cholesterol 0 mg
sodium 390 mg
carbohydrate 24 g
 dietary fibre 3 g
 sugars 1 g
protein 4 g

parisian white

calories 130
total fat 0 g
 saturated fat 0 g
 trans fat 0 g
cholesterol 0 mg
sodium 300 mg
carbohydrate 28 g
 dietary fibre 2 g
 sugars 2 g
protein 4 g

rosemary focaccia

calories 130
total fat 1.5 g
 saturated fat 0.3 g
 trans fat 0 g
cholesterol 0 mg
sodium 350 mg
carbohydrate 25 g
 dietary fibre 2 g
 sugars 2 g
protein 4 g

whole wheat

calories 120
total fat 1 g
 saturated fat 0 g
 trans fat 0 g
cholesterol 0 mg
sodium 260 mg
carbohydrate 23 g
 dietary fibre 4 g
 sugars 0 g
protein 4 g

whole wheat wrap

calories 140
total fat 3.5 g
 saturated fat 1.5 g
 trans fat 0 g
cholesterol 0 mg
sodium 352 mg
carbohydrate 24 g
 dietary fibre 3 g
 sugars 0 g
protein 4 g