

# 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

### 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