

BANANA COCONUT BREAD

Ingredients: Banana (20%), **Wheat** Flour [Contains Vitamins (Thiamin, Folate)], Canola Oil, Sugar, Whole **Egg**, Light Sour Cream [Pasteurised Cream (From **Milk**), Culture), Desiccated Coconut (10%) Baking Powder {Contains Acidity Regulator (450), Raising Agent (500), **Wheat** Flour [Contains Vitamin (Thiamin)]}, Raising Agent (500), Iodised Salt.

NUTRITIONAL INFORMATION			
Servings per package:	10.00		
Serving Size:	100 g		
	Average Quantity per/ Serving	Average Quantity per/ 100 g	RDI%
Energy	1520 kJ	1520 kJ	18
Protein	5.8 g	5.8 g	12
Fat total	17.0 g	17.0 g	25
-saturated	2.8 g	2.8 g	12
Carbohydrate	46.2 g	46.2 g	15
-sugars	25.7 g	25.7 g	29
Sodium	213 mg	213 mg	10
Potassium	136 mg	136 mg	5
Folic Acid	119 ug	119 ug	30
Dietry Fibre	2.0 mg	2.0 mg	5