

FRUIT & NUT BANANA BREAD

Ingredients: Banana (20%), **Wheat** Flour [Contains Vitamins (Thiamin, Folate)], Canola Oil, Sugar, Whole **Egg**, Light Sour Cream [Pasteurised Cream (From **Milk**), Culture), Sultanas (6%), Walnuts (6%), Apricots (5%), 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	1470 kJ	1470 kJ	17
Protein	5.6 g	5.6 g	11
Fat total	16.3 g	16.3 g	24
-saturated	2.7 g	2.7 g	12
Carbohydrate	44.7 g	44.7 g	15
-sugars	25.0 g	25.0 g	28
Sodium	205 mg	205 mg	9
Potassium	136 mg	136 mg	5
Folic Acid	119 ug	119 ug	30
Dietry Fibre	2.0 mg	2.0 mg	4