



Banana Bread

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 12

Serving size: 160g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1430kJ (342Cal)	907kJ (217 Cal)
Protein	8.3g	5.2g
Fat, Total	8.2g	5.2g
- Saturated	1.0g	0.6g
Carbohydrate	57.6g	36.5g
- Sugars	18.8g	11.9g
Sodium	467mg	292mg

Ingredients:

Banana (39%), **wheat** flour, water, **egg**, sugar, canola oil, raising agents (450, 500)

Storage Conditions:

Store frozen until use, then thaw in refrigerator and cut into 12 slices, wrap individually and label best before date, and store in refrigerator until use.

Shelf Life:

7 days, when kept refrigerated (at or below 5°C)

6 months, when frozen (at or below -18°C)

Country of Origin: Made in Australia

Process Statement: Made and prepared on the premises where wheat, oats, sesame seeds, nuts (including peanuts), dairy (milk), egg and soya products are processed.

Date of Issue:
23/03/15

Mrs Fields
Unit 11, 9-15 Gundah Rd
Mt Ku-ring Gai, NSW2080
Tel: 02-9472-8555



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Pineapple & Coconut Bread

NUTRITION INFORMATION

Nutritional information is taken on average quantities

Individual product weights may vary

Servings per package: 12

Serving size: 170g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2570kJ	1510kJ
Protein	7.9g	4.6g
Fat, Total	35.6g	21.0g
- Saturated	10.6g	6.2g
Carbohydrate	64.4g	37.9g
- Sugars	35.0g	20.6g
Sodium	278mg	163mg

Ingredients:

Wheat Flour, Sugar, Sour Cream (**Milk**), Canola Oil, Pineapple (10%), Whole **Eggs**, Desiccated Coconut (3%)(contains Preservative (**Sodium Metabisulphite**)), Water, **Milk** Powder, Raising Agents (450, 500), Vanilla Flavour.

Storage Conditions:

Store frozen until use, then thaw in refrigerator and cut into 12 slices, wrap individually and label best before date, and store in refrigerator until use.

Shelf Life:

7 days, when kept refrigerated (at or below 5°C)

6 months, when frozen (at or below -18°C)

Country of Origin: Made in Australia

Process Statement: Made on the premises where wheat, oats, sesame seeds, nuts (including peanuts), dairy (milk), egg and soya products are processed.

Date of Issue:
22/04/15

Mrs Fields
Unit 11, 9-15 Gundah Rd
Mt Ku-ring Gai, NSW2080
Tel: 02-9472-8555



Blueberry Bread

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 12

Serving size: 160g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1400kJ (334 Cal)	873kJ (208 Cal)
Protein	8.1g	5.0g
Fat, Total	7.9g	4.9g
- Saturated	0.9g	0.6g
Carbohydrate	56.3g	35.2g
- Sugars	18.9g	11.8g
Sodium	468mg	293mg

Ingredients:

Banana (37%), **wheat** flour, water, **egg**, blueberries (5%), sugar, canola oil, raising agents (450, 500).

Storage Conditions:

Store frozen until use, then thaw in refrigerator and cut into 12 slices, wrap individually and label best before date, and store in refrigerator until use.

Shelf Life:

7 days, when kept refrigerated (at or below 5°C)

6 months, when frozen (at or below -18°C)

Country of Origin: Made in Australia

Process Statement: Made on the premises where wheat, oats, sesame seeds, nuts (including peanuts), dairy (milk), egg and soya products are processed.

Date of Issue:
23/03/15

Mrs Fields
Unit 11, 9-15 Gundah Rd
Mt Ku-ring Gai, NSW2080
Tel: 02-9472-8555



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Raisin Toast

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 10

Serving size: 65g

	Average Quantity per Serving	Average Quantity per 100g
Energy	982kJ (235Cal)	1510kJ (284Cal)
Protein	6.8g	10.5g
Fat, Total	2.9g	4.5g
- Saturated	0.5g	0.8g
Carbohydrate	43.4g	66.8g
- Sugars	16.9g	26.0g
Sodium	241mg	370mg

Ingredients:

Wheat Flour, Mixed Fruit (30%)(Raisins 22%, Sultanas 6.5%, Currents 1.5%), Water, Bakers Yeast, Wheat Gluten, Vegetable Oil, Sugar, Mixed Spice, Iodised Salt, **Soy** Flour, Vinegar, Emulsifiers (481, 472e), Vitamins (Thiamin, Folate).

Storage Conditions:

Store in its original bag till ready to use, or display (wrapped) in the refrigerated showcase.

Shelf Life:

Follow the best before date on the plastic bag clip.

Country of Origin:

Made in Australia

Process Statement:

Served on the premises where wheat, sesame seeds, nuts (including peanuts), dairy (milk), egg and soya products are processed.

Date of Issue:
28/06/14

Mrs Fields
Suite 2A, 84 Darley St.
Mona Vale, NSW 2103
Tel: 02-9998-4800



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Cinnamon 'Snickerdoodle' Toast

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 1

Serving size: 114g (2 slices)

	Average Quantity per Serving	Average Quantity per 100g
Energy	1374kJ	1205kJ
Protein	6.7g	5.9g
Fat, Total	7.8g	6.8g
- Saturated	2.96g	2.6g
Carbohydrate	56.2g	49.3g
- Sugars	20.5g	18.0g
Sodium	374mg	328mg

Ingredients: White Rustic Bread Slices, Cinnamon Sugar (Sugar, Cinnamon, Cinnamon Oil), Butter.

Date of Issue:
09/07/15

Mrs Fields
Unit 11, 9-15 Gundah Rd
Mt Ku-ring Gai, NSW2080
Tel: 02-9472-8555