



NUTRITION INFORMATION OF ORGRAN PRODUCTS

All Nutrient Values For The Following Products Are Per 100g Of Dry Product Unless Otherwise Indicated

Description	Energy	Protein	CHO - Total	CHO - Sugars	Fat Total	Fat Saturated	Dietary Fibre	Na	other	Serving Size
	(kJ)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(g / mL)
ORGRAN GOURMET PASTA										
Rice spirals – S00137	1441	7.8	77.1	1.0	1.2	0.4	2.6	6		62.5
Vegetable Rice Spirals – S00147	1531	6.5	79.2	1.0	1.2	0.1	2.6	21		62.5
Vegetable Rice Penne – S21477	1531	6.5	79.2	1.0	1.2	0.1	2.6	21		62.5
Gourmet Corn Spirals – S00207	1505	6.9	77.7	0.9	1.0	0.1	1.9	1		62.5
Corn & Vegetable Shells – S10457	1417	5.7	72.2	0.5	1.4	0.2	3.2	10		62.5
Corn & Vegetable Spirals – S00247	1495	6.9	77.4	0.9	1.0	0.1	1.9	4		62.5
Rice & Corn Vegetable Animal Shape Pasta – S2125	1390	9	76.9	0.8	0.6	0	2.8	10		40
Outback Animals Vegetable Pasta Shape – S2190	1390	9	76.9	0.8	0.6	0	2.8	10		40
ORGRAN RICE & CORN PASTA RANGE (RIS O'MAIS)										
Rice & Corn Spirals – S00387	1535	6.3	79.8	0.8	0.9	0.1	1.9	1		62.5
Rice & Corn Macaroni – S20357	1535	6.3	79.8	0.8	0.9	0.1	1.9	1		62.5
Rice & Corn Tortelli – S20527	1535	6.3	79.8	0.8	0.9	0.1	1.9	1		62.5
Rice & Corn Penne – S20797	1535	6.3	79.8	0.8	0.9	0.1	1.9	1		62.5
Rice & Corn Mini Lasagne – S21064	1535	6.3	79.8	0.8	0.9	0.1	1.9	1		50
Rice & Corn Spaghetti Noodles – S21017	1535	6.3	79.8	0.8	0.9	0.1	1.9	1		62.5
ORGRAN STONE GROUND PASTA										
Rice & Millet Spirals – S00047	1444	7.9	76.2	1.1	1.3	0.4	1.8	6		62.5
Buckwheat Spirals – S00087	1516	11.2	64.1	2.5	2.8	0.6	8.3	5		62.5
ORGRAN SUPER GRAIN PASTA										
Multigrain Pasta with Quinoa Penne – S21697	1533	7.2	76.7	0.7	1.5	0.2	2.9	4		62.5
Multigrain Pasta with Quinoa Spiral – S2269	1533	7.2	76.7	0.7	1.5	0.2	2.9	4		62.5
Multigrain Pasta with Amaranth – S21707	1430	8	71.9	0.2	1.6	0.1	3	10		62.5
ORGRAN PREMIUM PASTA										
Chilli pasta spirals – S2234	1400	6.7	72.0	0.3	1.1	0.1	2.7	11.2		62.5
Garlic & Parsley Pasta Curls – S2208	1390	6.6	72.3	0.2	1.0	0.0	2.4	4.8		62.5

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11.2. NUTRITIONAL INFORMATIONS OF ORGRAN PRODUCTS	
Date of issue: 18 May 15	Superseded: 05 Mar 15
Prepared By: QA Officer	Approved By: QA Department Signed: _____ Date: _____



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ORGRAN ITALIAN STYLE PASTA RANGE										
Italian Style Spaghetti – S2140	1527	3.6	81.0	1.3	1.4	1.1	3.4	9		55
ORGRAN CRISPIBREADS										
Toasted Corn Crispibread – S22051	1485	6.6	75.5	0.9	1.4	0.3	1.9	382		15
Toasted Buckwheat Crispibread – S21961 & S21965	1520	10	66.6	2.3	64.3	2.6	7.5	195		15
Multigrain Crispibread with Quinoa – S22231	1534	7.5	72.9	1.1	2.6	0.2	4.2	577		15
Multigrain Crispibread with Chia – S2173	1517	7.2	74.8	0.7	2.7	0.4	3.4	560		15
Crispibread Essential Fibre– S21581	1334	7.8	57.8	1.3	2.9	0.6	18	599		22.5
Toasted Rice Crispibread – S2236	1539	5.6	79.5	0.9	1.4	0.5	2.4	384		15
ORGRAN FRUIT FILLED BARS										
Wild Raspberry Fruit Filled Biscuits – S2184	1644	6.2	63.0	35.5	8.9	4.5	4.3	51		19.5
ORGRAN BREAD & FLOUR MIXES										
Easy Bake bread mix – S2034	1345	2.2	72.1	4.8	1.6	1.3	1.9	1340		26.5
Alternative Grain Wholemeal Bread Mix – S21427	1387	4.0	70.4	3.3	1.8	1.2	5.9	953		26.5
Self Raising Flour – S20517	1476	1.0	84.8	0.6	0.2	0	0.7	405		40
All Purpose Plain flour – S20557	1554	2.0	84.8	0.9	1.2	0.1	1.7	29		40
Multigrain All Purpose Plain Flour – S2331	1543	3.8	80.0	0.9	1.9	0.2	2.9	12		40
Multigrain Self-Raising Flour – S2325	1467	3.0	79.3	0.6	1.1	0.1	2.1	394		40
Multigrain Bread Mix with Quinoa and Chia – S2256	1464	5.9	62.1	2.8	6.9	1.6	5.5	882		26.5
ORGRAN PACKET MIXES										
Falafel Mix - S10538	1440	21.6	47.0	4.6	2.1	0.2	24.0	678		25
No Egg™ Egg Replacer – S10558	1313	0.2	70.5	0	0.3	0.1	2.9	17		6
Pizza And Pastry Multimix – S20228	1235	1.2	70.5	0.3	0.3	0.1	3.2	1130		37.5

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All Purpose Rice Breadcrumbs – S20568	1569	6.2	77.4	1.2	2.1	0.2	3.6	2		25
Custard Mix – S2111	1407	0.5	84.9	0.4	0.3	0	0.9	732		5
ORGRAN PACKET MIXES										
Buckwheat Pancake Mix – S10718	1432	7.0	68.9	1.6	1.8	0.3	5.2	496		37.5
Apple & Cinnamon Pancake Mix – S20218	1402	1.1	81.5	10	0.2	0	2.9	540		37.5
Vegetable Gravy Mix – S2016	1280	1.2	75.4	1.1	1.1	1.0	1.2	4080		7.5
Chocolate Muffin Mix - S2112	1532	3.8	81.5	40.6	1.7	1.2	4.0	394		47
Gluten Free Gluten Substitute – S2144	1383	7.7	57.1	2.1	1.6	1.2	11.6	590		10
Chocolate Mousse Mix – S2121	1650	2.2	82.2	55.1	1.6	1.2	3.7	293		24
Chocolate Cake Mix - S2134	1586	2.7	82.8	42.0	1.7	1.1	3.2	405		47
Vanilla Cake Mix - S2143	1564	2.0	85.4	42.9	1.1	0.7	0.9	393		47
Corn Bread & Muffin Mix – S2163	1520	3.4	82.5	23.5	1.2	0.9	1.3	456		47
Corn Crispy Breadcrumbs – S2187	1506	6.6	77.6	1.0	1.1	0.1	2	0		25
All Purpose Pastry Mix – S2166	1436	2.2	81.1	0.5	1.1	0.3	2.0	520		25
Quinoa Breadcrumbs – S2238	1532	7.5	72.9	1.1	2.6	0.2	4.0	577		25
Brownie Mix Choc Flavoured - S2273	1526	3.4	85.1	46.9	1.2	0.6	4.5	171		28.6
Self-Saucing Pudding Mix - Choc Flavoured – S2272	1580	2.2	86.2	55.5	1.5	0.9	3.4	163		50
ORGRAN COOKIES										
Outback Animal Chocolate Cookies – S2145	1798	4.4	68.0	29.7	12.7	6.7	7.2	266		17
Outback Animal Vanilla Cookies – S2157	1804	4.2	66.9	22.7	13.6	7.0	6.9	288		17
Mini Outback Animals Chocolate-Multipack – S2148 & S21485	1798	4.4	68.0	29.7	12.7	6.7	7.2	266		22
Mini Outback Animals Vanilla – Multipack – S2180	1804	4.2	66.9	22.7	13.6	7.0	6.9	288		22
Itsy Bitsy Bears – Choc Cookies – S2175	1738	4.4	67.4	28.7	13.5	7.1	6.0	394		17
Essential Fibre Rotondo Biscuits – S2186	1670	4.3	62.4	23.8	13.3	6	16.1	+200	Ca: 169	12
Dinosaur Wholefruit Cookies – Wildberry – S2159	1584	3.8	70.4	36.5	4.6	2.0	6.7	203		17
Premium Shortbread Hearts – S2192	2130	0.8	67.0	14.5	25.1	14.2	1.3	178		9
Itsy Bitsy Bears – Choc Berry – S2233	1730	4.4	66	29.7	13.6	5.9	6.1	305	Ca: 156	17
Amaretti Biscotti Biscuits – S21198	2033	2.2	63.3	24.0	24.0	15.4	2.9	155		7.5
Classic Choc Biscotti Biscuits – S2155	2081	4.4	55.5	22.4	25.6	15.6	7.8	212		7.5

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Orgran Face Biscuits – S2206	1750	3.6	68.8	23.9	13.3	5.7	6.9	217	Ca: 193	10
Rico Tea Biscuits – S2200	1725	4.6	66.2	23.1	13.6	7.2	6.9	356		15
ORGRAN SOUPS FOR CUP										
Tomato Soup For Cup * – S21138	126	0.5	6.5	4.3	<0.1	0	<0.1	200		200
MISCELLANEOUS ORGRAN PRODUCTS										
Canned Spaghetti In Tomato Sauce – O20261 & O20265	351	2.8	16.8	2.9	0.4	0.1	0.4	290		220
Molasses Licorice – O2132	1380	4.4	70.4	36.6	2.2	0.6	3.4	140		20
Quinoa Croutons with Sea Salt – S2127	1699	8.0	73.5	1.5	8.1	0.9	1.7	1300		20
Quinoa Croutons with Garlic & Herbs –S2150	1679	8.6	76.6	2.1	5.7	0.7	2.5	390		20
ORGRAN SNACKS										
Deli Crackers - Multigrain with Poppyseed – S2172	1460	8.1	72.2	0.6	2.8	0.4	3.4	900	Ca: 143	12.5
Multigrain Wafer Crackers with Quinoa – S2309	1468	4.6	77.0	0.5	2.4	0.3	1.0	530		10
Multigrain Wafer Crackers with Buckwheat – S2324	1482	4.6	78.5	1.1	1.9	0.3	1.5	528		10
Multigrain Wafer Crackers with Chia – S2330	1520	3.6	80.4	0.7	2.7	0.3	1.3	528		10
ORGRAN CEREALS										
Multigrain Breakfast O’s with Quinoa – S21911	1417	7.6	64.4	12.7	2.3	0.7	5.9	159		25
Rice & Millet O’s Wildberry Flavour – S22241	1480	7.3	68.1	14.6	2.0	0.7	6.2	135		25
Itsy Bitsy Cocoa O’s – S22251	1370	5.6	70.4	18.8	2	0.2	3.76	300	Ca: 353	25
Wholegrain Buckwheat O’s Maple Flavour – S2207	1448	10	60.0	12.3	3.3	0.9	9.8	165		25

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