

NUTRITIONAL FACTS

AUTHENTIC GOURMET

(18) Chocolate Hazelnut or Custard Creams

Chocolate Hazelnut Turnover

Nutrition Facts	
Serving Size 1 turnover (100g)	
Servings Per Container 18	
Amount Per Serving	
Calories 460	
% Daily Value*	
Total Fat 29g	41%
Saturated Fat 13g	65%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium .62g	10%
Total Carbohydrate 42g	16%
Dietary Fiber 2.3g	
Sugars 20g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Ingredients: flour (WHEAT); butter (MILK) (20.0%); sugar; water; vegetable oils and fats (rapeseed; shea; coconut); HAZELNUTS; low fat cocoa powder; skimmed MILK; EGG; salt; emulsifier (lecithins); natural flavour.

May contain traces of: Soybeans, Almonds, Pecan nuts, Pistachio nuts.

NUTRITIONAL FACTS

AUTHENTIC GOURMET

Custard Cream Turnover

Nutrition Facts

Serving Size 1 turnover (100g)

Servings Per Container 18

Amount Per Serving

Calories 311

% Daily Value*

Total Fat 19g 27%

Saturated Fat 12g 60%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium .72g 12%

Total Carbohydrate 30g 12%

Dietary Fiber 0.9g

Sugars 7.3g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: water; flour (WHEAT); butter (MILK) (22.5%); sugar; modified starch; EGG; cream powder (MILK); LACTOSE (MILK); MILK proteins; whey powder (MILK); skimmed MILK powder; salt; stabilizer (calcium sulphate; diphosphates); thickener (sodium alginate); colour (carrot extract); flavouring.

Produced in a factory that uses: Milk, Eggs, Soybeans, Nuts.