

NUTRITIONAL FACTS

AUTHENTIC GOURMET

Classic Croissant

Classic Butter Croissants

Nutrition Facts	
Serving Size 1 croissant (40g/1.41oz)	
Servings Per Container 60	
Amount Per Serving	
Calories 148	Calories from Fat 94
% Daily Value*	
Total Fat 8.7g	13%
Saturated Fat 5.6g	28%
<i>Trans</i> Fat 0g	
Cholesterol 26.4mg	9%
Sodium 136mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 0.7g	3%
Sugars 1.8g	
Protein 3.1g	6%
Vitamin D 0%	• Calcium 1.2%
Iron 1.3%	• Potassium 1%
* 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, malted wheat, stabilised wheat germs; butter (25.5%); water; sugar; yeast; wheat gluten; salt; semi-skimmed milk; egg yolk; acerola extract; colour: carotenes; enzymes.

Contains: Gluten, milk, eggs.

Produced in a plant that uses: Soybeans, nuts and sesame seeds.