

# NUTRITIONAL FACTS

AUTHENTIC GOURMET

## (18) Classic French Butter Croissants

### Classic Butter Croissants

#### **Nutrition Facts**

Serving Size 1 croissant (40g/1.41oz)

Servings Per Container 18

#### Amount Per Serving

**Calories** 148      **Calories from Fat** 94

#### % Daily Value\*

**Total Fat** 8.7g      **13%**

Saturated Fat 5.6g      **28%**

*Trans* 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.