

NUTRITIONAL FACTS

AUTHENTIC GOURMET

12 French Gouda Twists

French Gouda Cheese Twist

Nutrition Facts	
Serving Size 1 pastry (40g)	
Servings Per Container 12	
Amount Per Serving	
Calories 130	Calories from Fat 66
% Daily Value*	
Total Fat 7.3g	10%
Saturated Fat 3.7g	19%
<i>Trans Fat</i> 0g	
Cholesterol	
Sodium 340mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 0.7g	
Sugars 2.1g	2%
Protein 3.1g	6%
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, rice, malted WHEAT, stabilised WHEAT germs), vegetable oils and fats (palm, rapeseed), whole MILK, sugar, yeast, modified starch, sweet whey powder (MILK), EGG, WHEAT gluten, glucose syrup, salt, EGG powder, EGG white powder, psylliumfibre, WHEAT fibres, maltodextrin, lemon juice concentrate, natural cheese flavour (MILK), natural flavour, onion powder, WHEAT proteins, spices, MILK proteins, colour (carotenes), microbial rennet, starter culture, yeast extract, Acerola powder, enzymes.

May contain traces of: Soybeans, Almonds.