

NUTRITIONAL FACTS

AUTHENTIC GOURMET

15 French Gouda Cheese Twists

French Gouda Cheese Twist

Nutrition Facts

Serving Size 1 pastry (40g)

Servings Per Container 15

Amount Per Serving

Calories 130 **Calories from Fat** 66

% Daily Value*

Total Fat 7.3g **10%**

Saturated Fat 3.7g **19%**

Trans Fat 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.