

Living Fundraisers 2016 Snack range



Nut-free

Nigella Seed Pretzels

Salt, maize syrup, cumin seeds, black soybean oil, flour, baking soda, yeast

Energy: 740kj	Protein: 4.2g
Fat (total): 1.6g	Carbohydrate: 35.2g
Fat (saturated): 0.4g	Sugars: 1.5g
Sodium: 675mg	

Soya Snacks

Wheat starch, sunflower oil, soy bean solids, sugar chilli & lime flavour, salt, paprika, chilli, vegetable powder, hydrolysed veg protein, rice flour, flavour enhancer 635, onion, malt extract, soy sauce powder, garlic, chives

Energy: 1033kj	Protein: 2.5g
Fat (total): 13.1g	Carbohydrate: 27.85g
Fat (saturated): 1g	Sugars: 5.3g
Sodium: 525mg	

Rice Crackers

Glutinous rice, soy sauce, soy bean, wheat, salt, tapioca starch, seaweed, water, colours (102, 133, 110, 122)

Energy: 673kj	Protein: 3.4g
Fat (total): 0g	Carbohydrate: 42.1g
Fat (saturated): 0g	Sugars: 0.5g
Sodium: 358mg	

Yoghurt-coated Sultanas

Yoghurt compound, 48% (sugar, sustainable palm oil, milk solids, skim milk yoghurt powder), emulsifiers (soy lecithin, food acid), sultanas, sugar, pres 202

Energy: 970kj	Protein: 2.9g
Fat (total): 11.1g	Carbohydrate: 40.4g
Fat (saturated): 7.1g	Sugars: 40.3g
Sodium: 40mg	

Fruit Medley

Dried fruit (pears, apple, peaches, sultanas, apricots), pres 220

Energy: 570kj	Protein: 2.9g
Fat (total): 0.4g	Carbohydrate: 35.6g
Fat (saturated): 0g	Sugars: 24.4g
Sodium: 11mg	

Fruit Balls

Apple concentrate, dried apple, pres 220, coconut, wheat starch, sunflower oil, food acid 330, 296

Energy: 1096kj	Protein: 4.5g
Fat (total): 12.5g	Carbohydrate: 40g
Fat (saturated): 4.5g	Sugars: 22.5g
Sodium: 335mg	

Contain nuts

Roasted Cashew & Peanut Mix

Roasted cashews & peanuts, salt, rice bran oil

Energy: 1362kj	Protein: 12.8g
Fat (total): 25.4g	Carbohydrate: 16.6g
Fat (saturated): 3.3g	Sugars: 145mg
Sodium: 145mg	

Honey Sesame Peanuts

Peanuts, sesame seeds, honey sugar

Energy: 323kj	Protein: 0.7g
Fat (total): 5.6g	Carbohydrate: 4.6g
Fat (saturated): 0.6g	Sugars: 4.7g
Sodium: 0.5mg	

Lunchtime Mix

Roasted cashews & almonds, cranberries, sweetener, dark chocolate, sultanas, pumpkin kernels, rice bran oil

Energy: 970kj	Protein: 5.3g
Fat (total): 24.4g	Carbohydrate: 19.3g
Fat (saturated): 3g	Sugars: 16.5g
Sodium: 12mg	

Roasted Almonds & Sultanas

Roasted almonds, sultanas, vegetable oil

Energy: 975kj	Protein: 5.6g
Fat (total): 13.8g	Carbohydrate: 20g
Fat (saturated): 1g	Sugars: 19.5g
Sodium: 10.5mg	

Nutrition information provided is per 50g. All varieties are packed in 50g packs.

Please note all varieties may contain traces of nuts, dairy and soy.