



NUTRITON INFORMATIONS OF ORGRAN PRODUCTS



All Nutrient Values For The Following Products Are Per 100g Of Dry Product Unless Otherwise Indicated

Description	Energy	Protein	CHO - Total	CHO - Sugars	Fat Total	Fat Saturated	Dietary Fibre	Na	other	Serving Size
	(kJ)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(g / mL)
GOURMET PASTA										
Gourmet rice spirals	1478kj	7.0g	79.5g	0.9g	1g	0g	4.8g	10mg		62.5g
Vegetable rice spirals	1492kj	6.8g	79.1g	0.9g	1.7g	0g	4.8g	10mg		62.5g
Vegetable rice penne	1492kj	6.8g	79.1g	0.9g	1.7g	0g	4.8g	10mg		62.5g
Gourmet corn spirals	1403kj	7.7g	69.7g	0.4g	1.7g	0.2g	3.2g	10mg		62.5g
Corn & vegetable shells	1417kj	5.7g	72.2g	0.5g	1.4g	0.2g	3.2g	10mg		62.5g
Corn & vegetable spirals	1417kj	5.7g	82.2g	0.9g	1.4g	0g	3.2g	20mg		62.5g
Rice & corn vegetable animal shape pasta	1390kj	9g	76.9g	0.8g	0.6g	0g	2.8g	10mg		40.0g
Rice & corn risoni garlic & herb	1390kj	9.0g	76.9g	0.8g	0.6g	0g	2.8g	10mg		50g
Outback Animals Vegetable Pasta Shape	1390kj	9.0g	76.9g	0.8g	0.6g	0g	2.8g	10mg		40g
RICE & CORN PASTA RANGE (RIS O'MAIS)										
Rice & corn spirals	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
Rice & corn macaroni	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
Rice & corn tortelli	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
Rice & corn penne	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
Rice & corn mini lasagne sheet	1380kj	8g	77.9g	0.9g	0.6g	0g	2.7g	10mg	K: 165mg	50.0g
Rice & corn spaghetti noodles	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
Rice & corn Corkscrew 500 g	1380kj	8.0g	77.9g	0.9g	0.6g	0g	2.7g	10mg		62.5g
Corn & Rice Spaghetti	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
Corn & Rice Linguine	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
BUONTEMPO PASTA RANGE										
Buontempo rice shells	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
Buontempo rice spirals	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
Buontempo Rice Penne	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
Buontempo Rice Spiral 500g	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
Buontempo Rice Shells 500g	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
Buontempo Rice Penne 500g	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg		62.5g
STONE GROUND PASTA										
Rice & millet spirals	1478kj	7.0g	77.4g	1.6g	1.6g	0g	4.8g	10mg		62.5g
Buckwheat spirals	1480kj	12.8g	73.6g	4.8g	1.6g	0g	4.8g	<10mg		62.5g

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11.2. NUTRITIONAL INFORMATIONS OF ORGRAN PRODUCTS			
Date of issue: 17 March 10		Superseded: 11 February 2010	
Prepared By: QA Officer - Pasta Date: 17 Mar 10		Approved By: QA Department Signed: _____ Date: _____	



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	(kJ)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(g / mL)
ORGRAN SUPER GRAIN PASTA										
Multigrain Quinoa Penne Pasta	1410kj	9.0g	70.9g	0.2g	1.6g	0.1g	3.1g	10mg		62.5g
Multigrain Amaranth Spiral Pasta	1430kj	8.0g	71.9g	0.2g	1.6g	0.1g	3.0g	10mg		62.5g
ITALIAN STYLE PASTA RANGE										
Italian style spaghetti no.5	1430kj	6.4g	73.6g	0.9g	0.8g	0g	2.0g	10mg		55g
ESSENTIAL FIBRE PASTA RANGE										
Essential Fibre Spiral	1280kj	6.9g	63.6g	0.8g	2.0g	0.3g	16.0g	10mg		62.5g
Essential Fibre Penne	1280kj	6.9g	63.6g	0.8g	2.0g	0.3g	16.0g	10mg		62.5g
Essential Fibre Lasagnette	1280kj	6.9g	63.6g	0.8g	2.0g	0.3g	16.0g	10mg		62.5g
CRISPIBITES										
Crispibites balsamic herb	1405kj	8.0g	67.9g	0.6g	1.7g	0.3g	4.0g	500mg		12g
Crispibites onion & chives	1405kj	8.0g	67.9g	0.6g	1.7g	0.3g	4.0g	500mg		12g
Orgran Toasted Corn Dippers - Original	1405kj	8.0g	67.9g	0.6g	1.7g	0.3g	4.0g	500mg		12g
CRISPBREADS										
Toasted Corn CrispiBread (125g NET)	1410kj	7.7g	70.3g	0.7g	1.7g	0.3g	4.0g	400mg		12.5g
Toasted Buckwheat CrispiBread	1490kj	10.0g	72.0g	1.0g	2.1g	0.4g	7.4g	200mg		12.5g
Toasted Multigrain CrispiBread with Quinoa	1400kj	8.1g	69.4g	0.3g	2.5g	0.3g	4.2g	500mg		12.5g
Essential Fibre CrispiBread	1180kj	7.3g	56.3g	0.6g	3.0g	0.4g	19g	600mg		12.5g
ORGRAN FRUIT BARS & FRUIT FILLED BARS										
Fruit bars	1350kJ	7.0g	49.0g	45.1g	7.0g	5.5g	7.8g	20mg		15g
Fruit filled blueberry bar	1350kJ	4.4g	61.4g	43.0g	1.9g	0.2g	6.2g	120mg		50g
Fruit filled apricot bar	1260kJ	4.8g	56.6g	38.1g	1.9g	0.2g	5.9g	120mg		50g
Wild Raspberry Flavoured Fruit Filled Biscuits	1470kJ	5.2g	51.4g	37.4g	13.8g	6.5g	3.7g	30mg		19.5g
ORGRAN BREAD & FLOUR MIXES										
Easy Bake gluten free bread mix	1520kj	3.0g	82.8g	8.4g	1.9g	0g	5.7g	1000mg		26.5g
Alternative grain wholemeal bread mix	1430kj	3.9g	77g	3.1g	1.9g	0.8g	6.1g	900mg		26.5g
Self-raising flour	1510kj	1.3g	86.4g	0.1g	0.6g	0g	1.5g	300mg		40g
Plain flour	1560kj	1.4g	87.6g	0.06g	0.6g	0g	1.6g	10mg		40g

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	(kJ)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(g / mL)
PACKET MIXES										
Falafel Mix	1320kj	21.6g	46.8g	4.1g	2.2g	0.2g	7.0g	600mg		40g
No Egg (Egg replacer)	1312kj	0.06g	81.8g	0.04g	0.1g	0g	1.1g	10mg		3.0g
Pizza and pastry multimix	1320kj	1.3g	79.4g	1.0g	0.2g	0.0g	2.7g	1000mg		37.5g
All purpose crumbs	1420kj	6.9g	80.1g	0.1g	0.8g	0g	1.4g	10mg		25g
Custard mix	1478kj	0.5g	85g	0.8g	0.1g	0g	<0.1g	700mg		5.0g
Buckwheat pancake mix	996kj	2.8g	54.5g	0.2g	0.5g	0.1g	4.0g	500mg		37.5g
Gravy mix	1376kj	5.9g	76.6g	0.05g	1.2g	0g	0.1g	1900mg		7.5g
Apple & cinnamon pancake mix	1420kj	2.6g	83.6g	16.0g	0.5g	0g	1.6g	400mg		37.5g
Chocolate muffin mix	920kj	1.5g	45.4g	22.3g	2.9g	0.6g	1.4g	200mg		37.5g
Lemon poppyseed muffin mix	920kj	1.5g	45.4g	22.3g	2.9g	0.6g	1.4g	200mg		37.5g
Gluten free gluten (gluten substitute)	1280kj	8.3g	56.7g	0.9g	0.8g	0g	1.2g	<100mg		10g
Chocolate mousse mix	1550kj	2.1g	84.2g	51.9g	1.2g	0.7g	0.9g	200mg		24g
Chocolate cake mix #	920kj	1.5g	45.4g	22.3g	2.9g	0.6g	1.4g	200mg		58g
Vanilla cake mix #	920kj	1.5g	45.4g	22.3g	2.9g	0.6g	1.4	200mg		58g
Pasta and sauce tomato & basil	1430kj	6.5g	76.7g	7.6g	0.9g	0.6g	1.0g	900mg		30g
Corn bread & muffin mix	1480kj	3.6g	79.0g	20.1g	1.6g	0.2g	4.0g	400mg		31g
Crispy corn crumbs	1510kj	7.0g	77.6g	0.9g	1.5g	0.1g	3.0g	100mg		25g
All purpose pastry mix	1450kj	2.1g	79.3g	0.8g	1.0g	0.1g	2.0g	400mg		25g
ORGRAN COOKIES										
Classic choc cookies	1990kJ	2.6g	63.6	25.8g	23.2g	11.2g	3.1g	200mg		50g
Outback animal chocolate cookies	1690kJ	5.0g	69.0g	27.0g	10.5g	4.2g	12.8g	200mg	Ca: 198mg	17g
Outback animal vanilla cookies	1750kJ	3.6g	68.8g	23.9g	13.3g	5.7g	12.2g	200mg	Ca: 193mg	17g
Mini outback animals chocolate-multipack	1690kJ	5.0g	69.0g	27.0g	10.5g	4.2g	12.8g	200mg	Ca: 198mg	22g
Mini outback animals vanilla - multipack	1750kJ	3.6g	68.8g	23.9g	13.3g	5.7g	12.2g	200mg	Ca: 193mg	22g
Itsy Bitsy Bears	1720kJ	4.8g	66.5g	26.6g	13.7g	6.4g	10.9g	200mg		17g
Essential Fibre Rotondo Biscuits	1670kJ	4.3g	62.4g	23.8g	13.3g	6.0g	16.1g	200mg	Ca: 169mg	12g
Dinosaur Wholefruit Cookies – Wildberry Flavour	1430kJ	4.0g	68.4g	37.8g	4.5g	1.6g	10.8g	190mg	Ca: 161mg	17g
Shortbread Hearts	2110kJ	1.4g	63.0g	19.5g	27.1g	12.9g	1.9g	100mg		9g

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ORGRAN BISCOTTIS										
Biscotti- amaretti	2011kJ	2.0g	64.1g	25.6g	21.4g	12.8g	2.1g	100mg		7.5g
Biscotti- classic choc	2018kJ	4.6g	62.2g	22.7g	24.2g	14.2g	5.4g	200mg		7.5g
MISCELLANEOUS ORGRAN PRODUCTS										
Canned spaghetti in tomato sauce	263kJ	2.4g	12.4g	3.6g	0.3g	0g	0.8g	400mg		220g
Canned spaghetti in tomato and basil sauce	291kJ	2.3g	13.5g	3.7g	0.6g	0g	0.8g	200mg		210g
Canned spirals in tomato sauce	263kJ	2.4g	12.4g	3.6g	0.3g	0g	0.8g	400mg		220g
Molasses licorice	1220kJ	1.7g	71.0g	53.4g	1.5g	<0.1g	2.5g	30mg		20g
Ready Meal Vegetable Bolognese Pasta	507kj	3.9g	23.4g	2.3g	2.0g	0.3g	1.1g	100mg		380g
Ready Meal Tomato & Basil Pasta	513kJ	2.7g	23.3g	2.2g	2.9g	0.5g	1.1g	200mg		380g
Deli Crackers	1460kJ	8.1g	72.2g	0.6g	2.8g	0.4g	3.4g	900mg	Ca: 143mg	12.5g
ORGRAN CEREALS										
Amaranth puffed breakfast cereal	1700kJ	17g	72.7g	0g	6.1g	0g	11g	<10mg		30g
Multigrain O's with Quinoa	1620kJ	9.3g	78.2g	8.2g	3.0g	1.0g	8.2g	200mg	Ca: 310mg	25g
Rice O's Wild berry Flavour	1310kJ	8.0g	62.2g	10.9g	2.3g	0.2g	6.7g	200mg	346mg	25g
Itsy Bitsy Cocoa O's	1370kJ	5.6g	70.4g	18.8g	2.0g	0.2g	3.76g	300mg	353mg	25g
SOUPS FOR CUP										
Garden vegetable soup	47.6kj	0.0g	2.7g	0.4g	<0.1g	0g	0.1g	200mg		200mL
Tomato soup	126kj	0.5g	6.5g	4.3g	<0.1g	0g	<0.1g	200mg		200mL

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