



Nutritional Information of Orgran Products

All nutrient values for the following products are per 100g of dry product unless otherwise indicated.



- Supergrains
- Essential Fibre
- Gluten Free
- Premium
- Kid's
- Good for you

Description	Serving Size (g/mL)	Energy (KJ)	Protein (g)	CHO - Total (g)	CHO - Sugars (g)	Fat Total (g)	Fat Saturated (g)	Dietary Fibre (g)	Na (mg)	other (mg)
Good For You										
Corn & Rice Linguine	62.5g	1470 kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10 mg	
Corn & Rice Spaghetti	62.5g	1470 kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10 mg	
Gourmet Rice Spirals	62.5g	1478kj	7.0g	79.5g	0.9g	1g	0g	4.8g	10mg	
Vegetable Rice Spirals	62.5g	1492kj	6.8g	79.1g	0.9g	1.7g	0g	4.8g	10mg	
Vegetable Rice Penne	62.5g	1492kj	6.8g	79.1g	0.9g	1.7g	0g	4.8g	10mg	
Gourmet Corn Spirals	62.5g	1403kj	7.7g	69.7g	0.4g	1.7g	0.2g	3.2g	10mg	
Corn & Vegetable Shells	62.5g	1417kj	5.7g	72.2g	0.5g	1.4g	0.2g	3.2g	10mg	
Corn & Vegetable Spirals	62.5g	1417kj	5.7g	82.2g	0.9g	1.4g	0g	3.2g	20mg	
Rice & Corn Risoni Garlic & Herb	50g	1390kj	9g	76.9g	0.8g	0.6g	0g	2.8g	10mg	
Rice & Corn Spirals	62.5g	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg	
Rice & Corn Macaroni	62.5g	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg	
Rice & Corn Tortelli	62.5g	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg	
Rice & Corn Penne	62.5g	1470kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10mg	
Rice & Corn Mini Lasagne	50.0g	1380kj	8g	77.9g	0.9g	0.6g	0g	2.7g	10mg	K: 165mg
Rice & Corn Spaghetti Noodles	62.5g	1470 kj	5.6g	79.8g	0.9g	0.9g	0g	2.7g	10 mg	
Rice & Millet Spirals	62.5g	1478kj	7.0g	77.4g	1.6g	1.6g	0g	4.8g	10mg	
Buckwheat Spirals	62.5g	1480kj	12.8g	73.6g	4.8g	1.6g	0g	4.8g	<10mg	
Italian Style Spaghetti	55g	1430kj	6.4g	73.6g	0.9g	0.8g	0g	2.0g	10mg	
Corn Crispbread	12.5g	1410 kj	7.7g	70.3g	0.7g	1.7g	0.3g	4.0g	400 mg	
Crispibites Original	12g	1405kj	8.0g	67.9g	0.6g	1.7g	0.3g	4.0g	500mg	
Falafel Mix	40g	1320kj	21.6g	46.8g	4.1g	2.2g	0.2g	7.0g	600mg	
Garden Vegetable Soup for cup	200mL	47.6kj	0.0g	2.7g	0.4g	<0.1g	0g	0.1g	200mg	
Tomato Soup For Cup	200mL	126kj	0.5g	6.5g	4.3g	<0.1g	0g	<0.1g	200mg	
All Purpose Rice Crumbs	25g	1420kj	6.9g	80.1g	0.1g	0.8g	0g	1.4g	10mg	
Custard Powder	5.0g	1478kj	0.5g	85g	0.8g	0.1g	0g	<0.1g	700mg	

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- Premium
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Description	Serving Size (g/mL)	Energy (KJ)	Protein (g)	CHO - Total (g)	CHO - Sugars (g)	Fat Total (g)	Fat Saturated (g)	Dietary Fibre (g)	Na (mg)	other (mg)
Buckwheat Pancake Mix	37.5g	996kj	2.8g	54.5g	0.2g	0.5g	0.1g	4.0g	500 mg	
Gravy Mix	7.5g	1376kj	5.9g	76.6g	0.05g	1.2g	0g	0.1g	1900mg	
Apple & Cinnamon Pancake Mix	37.5g	1420kj	2.6g	83.6g	16g	0.5g	0g	1.6g	400mg	
Corn Crispy Crumbs	25g	1510kj	7.0g	77.6g	0.9g	1.5g	0.1g	3.0g	100mg	
Amaretti Biscotti Biscuits	7.5g	2011kj	2.0g	64.1g	25.6g	21.4g	12.8g	2.1g	100mg	
Classic Choc Biscotti Biscuits	7.5g	2018kj	4.6g	62.2g	22.7g	24.2g	14.2g	5.4g	200 mg	
Classic Choc Cookie	50g	1990kj	2.6g	63.6	25.8g	23.2g	11.2g	3.1g	200mg	
Fruit Bars	15g	1350kj	7.0g	49.0g	45.1g	7.0g	5.5g	7.8g	20mg	
Fruit Filled Blueberry Bar	50g	1350kj	4.4g	61.4g	43.0g	1.9g	0.2g	6.2g	120mg	
Fruit Filled Apricot Bar	50g	1260kj	4.8g	56.6g	38.1g	1.9g	0.2g	5.9g	120mg	
Wild Raspberry Fruit Filled Biscuits	19.5g	1470kj	5.2g	51.4g	37.4g	13.8g	6.5g	3.7g	30mg	
Alternative Grain Canned Spaghetti Tomato & Basil	210g	291kj	2.3g	13.5g	3.7g	0.6g	0g	0.8g	200mg	
Canned Spirals In Tomato Sauce	220g	263kj	2.4g	12.4g	3.6g	0.3g	0g	0.8g	400mg	
Gluten Free Molasses Licorice	20g	1220kj	1.7g	71.0g	53.4g	1.5g	<0.1g	2.5g	30mg	
Buckwheat Crispbread	12.5g	1490kj	10.0g	72g	1.0g	2.1g	0.4g	7.4g	200 mg	
Toasted Corn Dippers Original	12g	1405kj	8.0g	67.9g	0.6g	1.7g	0.3g	4g	500 mg	
Canned Spaghetti in Tomato Sauce	220g	263kj	2.4g	12.4g	3.6g	0.3g	0g	0.8g	400 mg	
Supergrains										
Multigrain Pasta with Quinoa	62.5g	1410kj	9.0g	70.9g	0.2g	1.6g	0.1g	3.1g	10mg	
Multigrain Pasta with Amaranth	62.5g	1430kj	8.0g	71.9g	0.2g	1.6g	0.1g	3.0g	10mg	
100% Amaranth Puffed Breakfast Cereal	30g	1700kj	17g	72.7g	0g	6.1g	0g	11g	<10mg	
Multigrain Breakfast O's with Quinoa	25g	1620kj	9.3g	78.2g	8.2g	3.0g	1.0g	8.2g	200mg	Calcium 310mg
Multigrain Crispbread with Quinoa	12.5g	1400kj	8.1g	69.4g	0.3g	2.5g	0.3g	4.2g	500 mg	

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Essential Fibre										
Essential Fibre Spiral	62.5g	1280kj	6.9g	63.6g	0.8g	2.0g	0.3g	16.0g	10mg	
Essential Fibre Penne	62.5g	1280kj	6.9g	63.6g	0.8g	2.0g	0.3g	16.0g	10mg	
Essential Fibre Crispbread	12.5g	1180kj	7.3g	56.3g	0.6g	3.0g	0.4g	19g	600 mg	
Essential Fibre Lasagnette	62.5g	1280kj	6.9g	63.6g	0.8g	2.0g	0.3g	16g	10 mg	
Essential Fibre Rotondo Biscuits	12g	1670kj	4.3g	62.4g	23.8g	13.3g	6.0g	16.1g	200mg	Calcium 169 mg
Gluten Free										
No Egg (Egg Replacer mix)	3.0g	1312kj	0.06g	81.8g	0.04g	0.1g	0g	1.1g	10mg	
Pizza & Pastry Multimax	37.5g	1320kj	1.3g	79.4g	1.0g	0.2g	0g	2.7g	1000 mg	
Chocolate Muffin Mix #	37.5g	920kj	1.5g	45.4g	22.3g	2.9g	0.6g	1.4g	200mg	
Lemon Poppyseed Muffin Mix	37.5g	920kj	1.5g	45.4g	22.3g	2.9g	0.6g	1.4g	200 mg	
Gluten Free Gluten Replacer	10g	1280kj	8.3g	56.7g	0.9g	0.8g	0g	1.2g	<100mg	
Chocolate Mousse Mix	24g	1550kj	2.1g	84.2g	51.9g	1.2g	0.7g	0.9g	200mg	
Chocolate Cake Mix #	58g	920kj	1.5g	45.4g	22.3g	2.9g	0.6g	1.4g	200mg	
Vanilla Cake Mix #	58g	920kj	1.5g	45.4g	22.3g	2.9g	0.6g	1.4	200mg	
Pasta & Sauce Tomato & Basil	30g	1430kj	6.5g	76.7g	7.6g	0.9g	0.6g	1.0g	900 mg	
Cornbread & Muffin Mix	31g	1480kj	3.6g	79.0g	20.1g	1.6g	0.2g	4.0g	400mg	
All Purpose Pastry Mix	25g	1450kj	2.1g	79.3g	0.8g	1.0g	0.1g	2.0g	400mg	
Easy Bake Bread Mix	26.5g	1520kj	3.0g	82.8g	8.4g	1.9g	0g	5.7g	1000mg	
Alternative Grain Wholemeal Bread Mix	26.5g	1430kj	3.9g	77g	3.1g	1.9g	0.8g	6.1g	900 mg	
Self Raising Flour	40g	1510kj	1.3g	86.4g	0.1 g	0.6g	0g	1.5g	300mg	
All Purpose Plain Flour	40g	1560kj	1.4g	87.6g	0.06g	0.6g	0g	1.6g	10mg	
Ready Meal Pasta - Vegetable Bolognese Spirals	380g	507kj	3.9g	23.4g	2.3g	2.0g	0.3g	1.1g	100mg	
Ready Meal Pasta - Tomato & Basil Spirals	380g	513kj	2.7g	23.3g	2.2g	2.9g	0.5g	1.1g	200mg	

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Kid's										
Outback Animals - Chocolate Cookies	17g	1690kj	5.0g	69.0g	27.0g	10.5g	4.2g	12.8g	200mg	Calcium 198mg
Outback Animals - Cookies Vanilla	17g	1750kj	3.6g	68.8g	23.9g	13.3g	5.7g	12.2g	200mg	Calcium 193mg
Mini Outback Animals Chocolate Cookies Multipack	22g	1690kj	5.0g	69.0g	27.0g	10.5g	4.2g	12.8g	200mg	Calcium 198mg
Mini Outback Animals Vanilla Cookies Multipack	22g	1750kj	3.6g	68.8g	23.9g	13.3g	5.7g	12.2g	200mg	Calcium 193mg
Itsy Bitsy Bears - choc cookies	17g	1720kJ	4.8g	66.5g	26.6g	13.7g	6.4g	10.9g	200mg	
R & C Vege Pasta Animal Shapes	40g	1390kj	9.0g	76.9g	0.8g	0.6g	0.0g	2.8g	10 mg	
Dinosaur wholefruit cookies – wildberry flavour	17g	1430kj	4.0g	68.4g	37.8g	4.5g	1.6g	10.8g	190 mg	Calcium 161 mg
Premium										
Orgran Deli Crackers - Multigrain With Poppyseed	12.5g	1460kj	8.1g	72.2g	0.6g	2.8g	0.4g	3.4g	900mg	Calcium 143mg
Orgran Premium Shortbread Hearts	9g	2110kj	1.4g	63.0g	19.5g	27.1g	12.9g	1.9g	100 mg	

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