



# Lea ZWEIER

**MOUNTAIN BREAD & FOOD PTY.LTD.**

A.C.N. 080471423 A.B.N. 49080471423

Makers of Mountain Bread: Whole Wheat, Rye, Oat, Corn, Barley, Rice  
White & Organic Whole Wheat

Yeast Free

Cholesterol Free

## MOUNTAIN WHOLE WHEAT BREAD



**Ingredients:** Whole Wheat Flour, Water, Salt.

### NUTRITION INFORMATION

PER 25 gm. ONE SLICE		PER 100 gm.	
Protein	2g	Protein	10g
Fat	Nil	Fat	Nil
Carbohydrate	15g	Carbohydrate	60g
Energy	297 kj	Energy	1190 kj
Cholesterol	Nil	Cholesterol	Nil
Sodium	95mg	Sodium	380mg
Potassium	43.25	Potassium	173
Dietary Fibre	1g	Dietary Fibre	4g
	70 cal		280 cal

Contact: Lea & Marc Zweier  
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