

**Organic Breakfast Pops**
**Product Data Information**

|                            |  |
|----------------------------|--|
| <b>Brand</b>               | Barkat   |
| <b>Product Description</b> | Organic Breakfast Pops   |
| <b>Free From</b>           | Gluten, wheat, malt, egg, milk, soya, artificial colours, flavours and preservatives |
| <b>Ingredients</b>         | Maize, raw cane sugar, cocoa powder, honey, bitter chocolate                         |
| <b>Allergens</b>           | May contain traces of nuts   |
| <b>Certifications</b>      | Suitable for vegetarians   |
| <b>Product Weight</b>      | 250g (8.8oz)   |
| <b>Case Size</b>           |  |
| <b>Total Shelf Life</b>    | 9 months   |

**NUTRITION INFORMATION**

|                    | Per 100g           | Per 30g serving   |
|--------------------|--------------------|-------------------|
| Energy             | 1587kJ/<br>374kcal | 476kJ/<br>112kcal |
| Protein            | 5.9g               | 1.7g              |
| Carbohydrates      | 86.4g              | 25.9g             |
| of which sugars    | 37.2g              | 11.2g             |
| Fat                | 1.9g               | 0.57g             |
| of which saturates | 0.39g              | 0.12g             |
| Fibre              | 3.1g               | 0.9g              |
| Sodium             | 9.3mg              | 2.8mg             |

Bar Code (unit): 8 04345 00018 9

Bar Code (case):

**Product Dimensions (mm)**

 Width  
Depth  
Height

**Case Dimensions (cm)**

 Width  
Depth  
Height

**Pallet Configurations**

 Quantity Per Layer  
Layers Per Pallet

**Nutrition Facts**

Serving Size 30

Servings Per Container 8

**Amount Per Serving**

Calories 112    Calories from Fat 5

|  | % Daily Value* |                    |
|--|----------------|--------------------|
| <b>Total Fat</b>   | 1g             | 1%                 |
| Saturated Fat  | 0g             | 0%                 |
| Trans Fat  | 0g             |                    |
| <b>Cholesterol</b>   | 0mg            | 0%                 |
| <b>Sodium</b>  | 3mg            | 0%                 |
| <b>Total Carbohydrate</b>  | 26g            | 9%                 |
| Dietary Fibre  | 1g             | 4%                 |
| Sugars   | 11g            |                    |
| <b>Protein</b>   | 2g             |                    |
| 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         |

Calories per Gram

Fat. 9 . Carbohydrate. 4 . Protein. 4.