

# Kez's™ Kez's Gluten & Dairy Free



Gluten & Dairy Free  
Almond Bread  
6x100g



Gluten & Dairy Free  
Olive Oil, Rosemary & Linseed Bread  
6x100g



Gluten & Dairy Free  
Chocolate Coconut Bread  
5x100g



Gluten & Dairy Free  
Melting Moments  
6x190g



Gluten Free Almond  
Toffee 6x130g



Gluten & Dairy Free  
Cranberry Biscotti  
6x100g



Gluten Free Florentines  
8x185g



Gluten Free Chocolate Chip  
6x150g



Gluten & Dairy Free  
Cranberry Choc Crisp with  
Chia 6x135g



**Global Health**  
BROKERAGE

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# Kez's Product Information

## Kez's Gluten & Dairy Free Almond Bread 100g

Gluten, dairy & cholesterol free twice baked crisp bread with almonds

### NUTRITIONAL PANEL:

AVERAGE		PER SERVE	PER 100G
ENERGY	kJ	86	1710
PROTEIN	g	0.4	8.2
FAT - TOTAL	g	0.5	9.1
- SATURATED	g	0.1	1.4
- TRANS	g	Less than 0.1	Less than 0.1
- POLYUNSATURATED	g	0.1	2.5
- MONOUNSATURATED	g	0.3	5.2
CHOLESTROL	mg	Less than 1	Less than 1
CARBOHYDRATE - TOTAL	g	3.6	71.0
- SUGARS	g	1.7	34.6
DIETARY FIBRE	g	0.2	3.2
SODIUM	mg	22	430

## Kez's Gluten & Dairy Free Olive Oil, Rosemary & Linseed Bread 100g

Gluten, dairy & cholesterol free twice baked savoury crisp bread

### NUTRITIONAL PANEL:

AVERAGE		PER SERVE	PER 100G
ENERGY	kJ	97	1940
PROTEIN	g	0.4	8.0
FAT - TOTAL	g	1.1	22.8
- SATURATED	g	0.1	2.6
- TRANS	g	Less than 0.1	Less than 0.1
- POLYUNSATURATED	g	0.3	6.7
- MONOUNSATURATED	g	0.7	13.5
CHOLESTROL	mg	Less than 1	Less than 1
CARBOHYDRATE - TOTAL	g	2.7	54.2
- SUGARS	g	0.5	9.5
DIETARY FIBRE	g	0.3	5.4
SODIUM	mg	65	1300

## Kez's Gluten & Dairy Free Chocolate Coconut Bread 100g

Gluten, dairy & cholesterol free twice baked choc crisp bread with coconut

### NUTRITIONAL PANEL:

AVERAGE		PER SERVE	PER 100G
ENERGY	kJ	83	1650
PROTEIN	g	0.3	6.5
FAT - TOTAL	g	0.3	5.4
- SATURATED	g	Less than 0.1	0.9
- TRANS	g	Less than 0.1	Less than 0.1
- POLYUNSATURATED	g	Less than 0.1	1.4
- MONOUNSATURATED	g	0.2	3.1
CHOLESTROL	mg	Less than 1	Less than 1
CARBOHYDRATE - TOTAL	g	3.8	75.3
- SUGARS	g	1.7	33.9
DIETARY FIBRE	g	0.4	7.8
SODIUM	mg	25	500

## Kez's Gluten & Dairy Free Melting Moments 190g

Gluten & dairy free double layer shortbread with lemon cream filling

### NUTRITIONAL PANEL:

AVERAGE		PER SERVE	PER 100G
ENERGY	kJ	630	1969
PROTEIN	g	0.5	1.5
FAT - TOTAL	g	6.0	18.8
- SATURATED	g	1.5	4.7
CARBOHYDRATE - TOTAL	g	23.8	74.2
- SUGARS	g	12.3	38.4
SODIUM	mg	40	124

## Kez's Gluten Free Florentines 185g

Gluten free Florentine with cornflake, peanut, fruit and choc coated

### NUTRITIONAL PANEL:

AVERAGE		PER SERVE	PER 100G
ENERGY	kJ	583	1880
PROTEIN	g	2.7	8.7
FAT - TOTAL	g	5.4	17.5
- SATURATED	g	3.3	10.6
CARBOHYDRATE - TOTAL	g	19.3	62.3
- SUGARS	g	10.9	35.1
SODIUM	mg	43	140

## Kez's Gluten Free Almond Toffee 130g

Gluten free almond flakes in crisp toffee and choc coated

### NUTRITIONAL PANEL:

AVERAGE		PER SERVE	PER 100G
ENERGY	kJ	510	2320
PROTEIN	g	2.9	13.4
FAT - TOTAL	g	7.7	35.1
- SATURATED	g	2.6	12.0
- TRANS	g	Less than 0.1	Less than 0.1
- POLYUNSATURATED	g	1.5	6.9
- MONOUNSATURATED	g	3.5	16.1
CHOLESTEROL	mg	Less than 1	Less than 1
CARBOHYDRATE - TOTAL	g	9.8	44.7
- SUGARS	g	7.1	32.2
DIETARY FIBRE	g	0.9	4.1
SODIUM	mg	4	17

## Kez's Gluten & Dairy Free Cranberry Biscotti 100g

Gluten, dairy & cholesterol free Cranberry Biscotti

### NUTRITIONAL PANEL:

AVERAGE		PER SERVE	PER 100G
ENERGY	kJ	82	1640
PROTEIN	g	0.2	3.7
FAT - TOTAL	g	0.2	3.8
- SATURATED	g	Less than 0.1	0.7
- TRANS	g	Less than 0.1	Less than 0.1
- POLYUNSATURATED	g	Less than 0.1	1.0
- MONOUNSATURATED	g	0.1	2.1
CHOLESTROL	mg	Less than 1	Less than 1
CARBOHYDRATE - TOTAL	g	4.1	82.1
- SUGARS	g	1.8	35.2
DIETARY FIBRE	g	0.2	4.9
SODIUM	mg	29	580

## Kez's Gluten & Dairy Free Cranberry Choc Crisp with Chia 135g

Gluten, dairy & cholesterol free Cranberry Crisp biscuit with Chia

### NUTRITIONAL PANEL:

AVERAGE		PER SERVE	PER 100G
ENERGY	kJ	378	1680
PROTEIN	g	2.1	9.2
FAT - TOTAL	g	2.5	11.0
- SATURATED	g	1.3	5.6
- TRANS	g	Less than 0.1	Less than 0.1
- POLYUNSATURATED	g	0.7	3.0
- MONOUNSATURATED	g	0.5	2.4
- OMEGA 3	Mg	201	893
CHOLESTROL	mg	Less than 1	Less than 1
CARBOHYDRATE - TOTAL	g	14.1	62.8
- SUGARS	g	7.9	34.9
DIETARY FIBRE	g	1.5	6.7
SODIUM	mg	47.3	210

## Kez's Gluten Free Chocolate Chip 150g

Gluten free, bite size Chocolate Chip biscuits

### NUTRITIONAL PANEL:

AVERAGE		PER SERVE	PER 100G
ENERGY	kJ	98	1964
PROTEIN	g	0.2	4.0
FAT - TOTAL	g	1.0	20.1
- SATURATED	g	0.7	13.1
CARBOHYDRATE - TOTAL	g	3.6	71.3
- SUGARS	g	1.6	32.7
SODIUM	mg	10	206

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