

SAPUTO, BAKERY DIVISION - VACHON PRODUCTS
 NUTRITIONAL INFORMATION PER SERVING

PRODUCT	WEIGHT (G)	ENERGY	PROTEIN (G)	FAT (G)	CARBOHYDRATE (G)
AH CARAMEL! MAPLE *	61	247	1.3	8.8	41
AH CARAMEL! *	61	260	1.0	10.0	41
AH CARAMEL! TRIPLE CHOCO*	57	244	1.6	10.0	37
BROWNIES	50	210	2.2	9.8	30
BROWNIES DOMINO	50	225	2.5	10.0	31
BROWNIES DOMINO MAXIMUMM	90	405	4.4	18.0	55
BROWNIES HOLIDAYS	50	221	2.1	11.0	30
BROWNIES MAXIMUMM	90	377	4.0	18.0	54
CHOCOLATY TWINKIES	47	170	1.2	4.8	34
CHOCOLATY TWINKIES HOLIDAYS	47	179	1.3	4.8	36
CHRISTMAS LOG BLACK FOREST	75	279	1.7	8.6	50
CHRISTMAS LOG VANILLA TRAD.	75	302	2.0	10.0	51
CHRISTMAS LOG VANILLA WHITE	75	289	1.4	9.7	50
CREME FUDGE CAKE	25	89	1.2	2.6	15
CREME & RASPBERRY FLAKY BAR	82	384	3.6	23.0	42
CRISPY SNACK CHOCOLATE CHIPS	24	104	0.8	4.2	16
CRISPY SNACK CHRISTMAS	24	109	0.7	3.9	18
CRISPY SNACK VANILLA	24	100	0.7	3.8	16
CROQUETTES	50	195	1.8	6.7	33
FLAKY BAR	46	210	2.5	11.0	25
HALF JOS.LOUIS *	60	274	1.6	13.0	39
HALF MOON CHOCOLATE	51	191	1.7	8.1	29
HALF MOON VANILLA	51	201	1.4	9.7	27
HOP & GO BANANA & NUT	40	167	2.8	7.7	22
HOP & GO BAR APPLE & CINNAMON	53	213	3.0	9.5	29
HOP & GO BAR CHOCOLATE CHUNK	53	233	3.4	12.0	28
HOP & GO BAR DATES	53	243	3.3	10.0	35
HOP & GO BAR MAPLE & NUTS	53	203	3.0	10.0	26
HOP & GO BLUEBERRY	40	167	2.5	7.5	22
HOP & GO CARROT & NUTS	41	163	2.4	7.0	23
HOP & GO CHOCOLATE CHIPS	40	170	2.6	8.1	22
HOP & GO GRANOLA CHOCOLATE	40	170	1.9	6.3	28
HOP & GO GRANOLA PEANUTS & CHOC	37	172	2.6	6.9	25
HOP & GO GRANOLA PEANUTS & CHOC	81	377	5.7	15.0	55
JOS.LOUIS	65	300	2.0	13.0	44
JOS.LOUIS BAR	53	220	2.0	9.0	32
JOS.LOUIS EXTRA CREME	76	315	1.7	14.0	47
LADY FINGERS *	65	263	1.5	11.0	41
LOG BLACK FOREST	62	231	2.0	8.9	37
LOG JELLY	56	208	1.5	7.5	34
LOG MAPLE	46	176	1.3	6.7	28
MAY WEST	65	300	2.0	14.0	43
MAY WEST BAR	57	250	2.0	11.0	36
MIAMI *	50	206	1.2	9.2	30
MILLE-FEUILLES	58	261	2.0	13.0	34
MILLE-FEUILLES MAXIMUMM	88	390	4.0	21.0	48
HOLIDAY MILLE-FEUILLES CHOCOLAT	58	259	2.4	15.0	30
MINI CROQUETTE	25	97	1.0	3.2	16
MINI MAY WEST *	50	230	2.0	11.0	31
PASSION FLAKIE 3.FRUITTS	57	250	2.2	14.0	29
PASSION FLAKIE APPLE.RASPBERRY	57	250	2.2	14.0	29
PASSION FLAKIE CARAMEL	50	229	2.1	14.0	25
PASSION FLAKIE LEMON	60	272	2.6	15.0	32
PIQUE	47	196	1.6	8.7	29
POP *	50	204	1.8	9.5	30
RELAX CARAMEL & CREME	41	160	2.0	6.0	24
RELAX CHOCOLATE MOUSSE	43	177	1.7	8.4	25
RELAX RASPBERRY	43	166	1.3	6.8	26
ROSETTES *	53	186	1.6	4.4	35
ROSETTES HOLIDAYS *	53	188	1.6	4.6	35
SANDWICH CHOCOLAT	90	362	3.5	16.0	54
SQUARE MARSHMALLOW MAXIMUMM	56	234	1.6	8.9	38
SUB ZERO - AH CARAMEL! BAR	47	180	1.3	6.8	29
SUB ZERO - JOS.LOUIS BAR	40	170	1.3	8.2	23
SUB-ZERO - MAY WEST STRAWBERRY B	50	197	1.4	7.5	31
SUPER AH CARAMEL!	95	371	2.1	14.0	59
SUPER JOS.LOUIS	100	412	2.6	19.0	61
SUPER MAY WEST	110	450	3.0	19.0	67
SWISS ROLLS STUART *	40	170	1.2	7.4	25
SWISS ROLLS VACHON *	57	238	1.8	10.6	35
TWINKIES	38	140	1.0	5.0	23

* for two cakes