

BAKERS MIX



High in Energy	✓
High in Carbohydrates	✓
Very low in Sodium	✓
Suitable for vegetarians	✓
Cholesterol free	✓
Country of origin	RSA
Preservative	SO ₂
Kosher	✓
Halaal	✓

Ingredients: Thompson Seedless, Golden Sultana, Currants, Sulphur Dioxide

The nutrients, vitamins and antioxidants in grapes provide us with a fruit that can prevent the narrowing and hardening of arteries, as well as the oxidation of free radicals; has anti-carcinogenic and –inflammatory

properties.

Raisins are a sweet treat; cholesterol-free and low in sodium with virtually no fat. Although they are sweet and high in sugar, raisins have been found to be beneficial for oral health when consumed in appropriate amounts. In addition to these, they can also support your eyesight; combat cancer and kidney stones and enhance blood flow. Grapes are naturally preservative free; except Golden Sultana’s that are blanched with SO₂. Raisins are ideal as a component in your children’s lunchboxes and can furthermore be used for jams, wine; salads or desserts.

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	1380 kJ
Protein	3 g
Carbohydrates	72.8 g
Total sugar	59 g
Total fat	0.6 g
Saturated fat	0.4 g
Monounsaturated fat	0.04 g
Polyunsaturated fat	0.3 g
Fibre	6.9 g
Sodium	32 mg

