

Tartine Organic Bakery - Bread Nutritional Information 2022

Sourdough Batards, Baguettes	
Product Nutrition Typical Values per 100g:	
Energy kJ	894.02
Energy kCal	213.68
Fat - g	0.73
Saturates - g	0.11
Carbohydrate - g	45.17
Total Sugars - g	0.20
Protein - g	5.48
Salt - g	1.02
Fibre - g	1.52

Country White Sourdough	
Product Nutrition Typical Values per 100g:	
Energy kJ	883.97
Energy kCal	211.27
Fat - g	0.72
Saturates - g	0.11
Carbohydrate - g	44.61
Total Sugars - g	0.20
Protein - g	5.39
Salt - g	1.01
Fibre - g	1.49

4 Seed Sourdough	
Product Nutrition Typical Values per 100g:	
Energy kJ	913.77
Energy kCal	218.40
Fat - g	2.34
Saturates - g	0.26
Carbohydrate - g	41.82
Total Sugars - g	0.26
Protein - g	5.91
Salt - g	1.01
Fibre - g	1.80

Multigrain Sourdough	
Product Nutrition Typical Values per 100g:	
Energy kJ	874.98
Energy kCal	209.13
Fat - g	0.84
Saturates - g	0.12
Carbohydrate - g	43.06
Total Sugars - g	0.62
Protein - g	5.38
Salt - g	1.00
Fibre - g	2.74

30% Rye Sourdough	
Product Nutrition Typical Values per 100g:	
Energy kJ	887.31
Energy kCal	212.07
Fat - g	0.81
Saturates - g	0.11
Carbohydrate - g	44.17
Total Sugars - g	0.99
Protein - g	5.20
Salt - g	1.01
Fibre - g	2.46

70% Rye Sourdough	
Product Nutrition Typical Values per 100g:	
Energy kJ	842.62
Energy kCal	201.39
Fat - g	0.88
Saturates - g	0.11
Carbohydrate - g	41.34
Total Sugars - g	1.89
Protein - g	4.80
Salt - g	0.99
Fibre - g	3.51

Brown Spelt Wheat Sourdough	
Product Nutrition Typical Values per 100g:	
Energy kJ	900.60
Energy kCal	215.25
Fat - g	0.86
Saturates - g	0.15
Carbohydrate - g	44.42
Total Sugars - g	3.73
Protein - g	7.43
Salt - g	0.96
Fibre - g	0.45

Multiseed Spelt Wheat Sourdough	
Product Nutrition Typical Values per 100g:	
Energy kJ	924.29
Energy kCal	220.91
Fat - g	2.39
Saturates - g	0.29
Carbohydrate - g	41.90
Total Sugars - g	3.35
Protein - g	7.57
Salt - g	0.95
Fibre - g	0.45

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Brioche Sourdough	
Product Nutrition Typical Values per 100g:	
Energy kJ	1365.29
Energy kCal	326.31
Fat - g	13.34
Saturates - g	8.51
Carbohydrate - g	45.59
Total Sugars - g	7.12
Protein - g	7.73
Salt - g	0.90
Fibre - g	1.55

White Soft	
Product Nutrition Typical Values per 100g:	
Energy kJ	990.81
Energy kCal	236.81
Fat - g	3.19
Saturates - g	0.45
Carbohydrate - g	47.57
Total Sugars - g	2.49
Protein - g	6.35
Salt - g	0.99
Fibre - g	1.81

4 Seed Soft	
Product Nutrition Typical Values per 100g:	
Energy kJ	1013.74
Energy kCal	242.29
Fat - g	4.33
Saturates - g	0.54
Carbohydrate - g	45.33
Total Sugars - g	2.46
Protein - g	6.59
Salt - g	1.00
Fibre - g	1.96

Ciabatta Plain	
Product Nutrition Typical Values per 100g:	
Energy kJ	858.60
Energy kCal	205.21
Fat - g	1.76
Saturates - g	0.28
Carbohydrate - g	42.04
Total Sugars - g	0.21
Protein - g	5.48
Salt - g	0.93
Fibre - g	1.53

Ciabatta Olive	
Product Nutrition Typical Values per 100g:	
Energy kJ	820.63
Energy kCal	196.14
Fat - g	2.34
Saturates - g	0.36
Carbohydrate - g	38.52
Total Sugars - g	0.20
Protein - g	5.10
Salt - g	0.77
Fibre - g	1.77

Walnut Sourdough	
Product Nutrition Typical Values per 100g:	
Energy kJ	1037.80
Energy kCal	248.04
Fat - g	7.22
Saturates - g	0.70
Carbohydrate - g	39.14
Total Sugars - g	0.81
Protein - g	6.32
Salt - g	0.90
Fibre - g	3.11

Lavash	
Product Nutrition Typical Values per 100g:	
Energy kJ	761.26
Energy kCal	181.95
Fat - g	0.63
Saturates - g	0.12
Carbohydrate - g	39.17
Total Sugars - g	0.20
Protein - g	5.30
Salt - g	1.17
Fibre - g	1.44