

Wrap bread name	Nutritional comparison of wrap breads Jan 2017. Nutrient values are <b>per 100 gram</b> edible product. Interpretation and information complied by Trudy Williams @ <a href="http://foodtalk.com.au">foodtalk.com.au</a>									
	Single wrap weight (g)	Pack size (g)	Energy (kJ)	Protein (g)	Total fat (g)	Sat fat (g)	Carb (g)	Sugars (g)	Sodium (mg)	Fibre (g)
Aldi Bakers Life White Wraps	45	360	1250	7.2	8	0.9	46.1	0.8	395	5.1
Aldi Bakers Life Wholegrain Wraps	45	360	1160	8.6	8.6	1	37.5	0.9	337	7.1
Ancient Harvest Organic Spelt Flour Wraps	65	220	1200	11.2	6.3	0.8	43.9	1.8	520	4.3
Australia's Own Organic Quinoa Wraps	45	225	1182	7.9	5.6	2.5	46.9	2.6	584	5.4
Better for U Barley Wraps	45	225	890	9.2	2.9	0.6	23.9	2.7	400	15.8
BFree Gluten Free Multigrain Wraps	41	210	988	5.7	2.6	1	42.6	8.1	539	10.2
BFree Gluten Free Quinoa & Chia Seed Wraps	42	210	1008	7.3	5.5	0.8	33.8	2.1	450	13.2
BFree Gluten Free Sweet Potato Wraps	42	210	957	4.6	2.2	0.4	41.7	9.9	460	11
Coco Farm Coconut Wraps	14	98	2093	7.1	35.7	32.1	42.9	21.4	2071	14.3
Coles Simply Gluten Free White Wraps 8"	50	200	1290	6.3	9.1	1.2	47.8	0.6	300	3.8
Coles White soft wraps	52	416	1300	7.7	7.1	3.7	51	1.3	360	4
Coles Wholemeal & grain soft wraps	52	416	1270	9.2	7.4	3.7	47.3	1.6	350	5
Empower GF Wraps	42	250	1420	3.4	5.6	0.9	67.1	3.4	850	1.4
Empower Power Lo-carb Wraps	35	245	778	20.5	3.2	0.1	8.6	0.8	99	22.8
Helga's Mixed Grain Wraps 10"	70	560	1240	9.1	6.2	3.1	47.5	1.5	450	6.1
Helga's Traditional White Wrap 10"	70	560	1220	8.3	5.7	2.8	49.5	1.2	430	2.7
Helga's Wholemeal Lower Carb Wraps 8"	50	250	1250	13.8	10.3	4.4	34.1	3.7	450	6.8
Mission Chia Wraps 8"	48	384	1220	9.9	9.3	4.5	39.2	2.4	850	5.5
Mission Lite Wraps 10"	71	568	1100	8.1	2.8	1.2	49.3	2.9	910	n/s
Mission Original Mini Wraps 8"	48	384	1240	7.8	8.1	3.9	45.1	8.3	790	n/s
Mission Original Wraps 10"	71	568	1240	7.8	8.1	3.9	45.1	8.3	790	n/s
Mission Red Quinoa Wraps 8"	48	384	1220	9.4	8.9	4.4	40.9	2.5	890	4.7
Mission Soft & Fluffy Snack Wraps 5.5"	37.5	450	1240	7.8	8.1	3.9	45.1	8.3	790	5.5
Mission Spinach & Herb Wraps 10"	71	568	1270	7.8	8.8	4.3	46.1	2.5	890	n/s
Mission Sun Dried Tomato & Chilli Wrap 10"	71	568	1280	8	9.3	4.5	45.4	3.3	1020	n/s
Mission Whole Wheat Mini Wraps 8"	48	384	1220	8.4	9.4	4.5	40.1	2.6	870	n/s
Mission Wholegrain Wraps 10"	71	568	1250	8.4	9.6	4.6	41.8	2.8	900	n/s
Mission Zesty Garlic Herb	71	568	1260	7.9	7.8	3.7	47.8	6.2	920	2.5
Mountain Bread Barley Wraps	25	200	1170	10.6	1.3	0.4	54.1	2.9	390	2.7
Mountain Bread Caterers Pack	40	400	1140	10.2	1.2	0.3	52.9	2.4	420	2.6
Mountain Bread Chia Wraps	25	200	1230	11.2	2.2	0.5	54.8	1.5	470	3.3
Mountain Bread Corn Wraps	25	200	1170	10.5	1.3	0.3	54.3	2.9	400	2.6
Mountain Bread Natural Wraps	25	200	1240	11.3	1.4	0.4	57.4	2.3	450	2.9

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per 100 g nutrient profile of Australian Wrap Breads 2017, alphabetical listing

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Mountain Bread Oat Wraps	25	200	1150	9.4	1.4	0.2	54.1	1.8	440	2.4
Mountain Bread Oregano Wraps	25	200	1180	9.5	1.6	0.2	55	1.9	440	2.6
Mountain Bread Original White Wraps	25	200	1180	10.6	1.2	0.3	54.8	2.3	410	2.5
Mountain Bread Quinoa Wraps	25	200	1170	10.3	1.5	0.4	54	1.8	451	3.1
Mountain Bread Rice Wraps	25	200	1140	10.3	1.3	0.4	52.9	2.1	400	2.6
Mountain Bread Rye Wraps	25	100	1150	10.4	1.2	0.3	53.1	2.3	410	2.8
Mountain Bread Spelt Wraps	25	200	1270	10.3	1.7	0.2	59.2	1.2	440	3
Mountain Bread Spinach Wraps	25	200	1220	10.8	1.2	0.3	57.2	2.6	420	2.6
Mountain Bread Tomato & Basil Wraps	25	200	1180	10.8	1.2	0.3	55	2.6	390	2.7
Mountain Bread Wheat Wraps	25	200	1140	10.2	1.2	0.3	52.9	2.4	420	2.6
Mountain Bread White with fibre Wraps	25	200	1180	10.4	1	0.2	52.9	1.8	460	8.8
Nomad Lavash Wraps	56	450	1060	8.4	1.1	0.1	50.6	0.8	471	2.3
Old Time Bakery Gluten Free Wraps 9x10"	62.5	250	1406	5.7	2.8	0.5	69	4.3	470	4.1
Old Time Bakery Wholesome Gluten Free Wraps 9x10"	62.5	250	1203	14.4	5.8	1	38.7	2.2	57.8	12.6
Simply Fine Food Rye Wraps 8"	45	225	1230	8.3	6.6	4.5	48.2	2.3	789	2.8
Simply Fine Food White Wraps 8"	45	225	1260	8.3	7.6	6.2	48	2.2	556	2.3
Simply Fine Food Wholegrain Wraps 8"	45	225	1230	8.5	7.2	5.7	45.8	2.5	519	4.5
Superfood Chia, Spinach, Kale & Broccoli Wraps 8.5"	42	250	1167	11	1.1	0.2	54.3	2	300	2
Superfood Chickpea, Quinoa & Beetroot Wraps 8.5"	42	250	1173	12	1	0.2	53.8	1.8	240	2.2
Superfood Oats, Amaranth & Cacao Wraps 8.5"	42	250	1172	12.3	1.2	0.3	53.4	1.8	260	1.3
True Foods Gluten Free 10" Wraps	75	900	1407	5.2	7.5	3.8	60.7	3.1	440	n/s
True Foods Gluten Free Jumbo Wraps	90	540	1407	5.2	7.5	3.8	60.7	3.1	440	n/s
Vitastic Corn Sorj Wraps	38	300	1260	10.1	1.4	0.2	59.5	2.8	290	4.5
Vitastic Rye Sorj Wraps	38	300	1220	9.3	1.5	0.2	56.9	3	290	5.2
Vitastic White Sorj Wraps	38	300	1260	10.6	1.6	0.3	58.4	2	315	4.5
Vitastic Wholemeal Sorj Wraps about 21x22 cm	38	300	1202	11.2	1.3	0.3	53.9	1.9	180	5.9
Wonder Wholemeal Smooth Wraps	50	300	1100	8	5.4	2.5	39.7	1.9	400	10.3
Wonderwhite Hi Fibre Wrap 8.5"	52	312	1138	7.1	4.9	2.3	45.2	1.5	347	8
Woolworths Homebrand White Wraps 8"	45	400	1280	7.9	8.5	4.1	47.8	4.5	700	n/s

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