



## Nutritional Data for Dorset Flapjacks per 120g Bar

Bar Name	Protein g	Carbohydrate g		Total Fat g			Energy kcal		Fibre	
		Carbohydrate	Total Sugars	Total Fat g	Mono-unsaturated	Poly-unsaturated	Saturated	kcal		kJ
Apple & Apricot	7.5	59.3	21.0	27.1	13.2	6.9	7.0	497.0	2079	6.1
Apple, Sultana & Cinnamon	7.3	60.2	22.8	27.3	13.3	6.9	7.1	501.0	2097	5.8
Bakewell	7.3	59.9	21.2	26.9	13.2	6.9	7.0	497.0	2078	5.9
Bannoffi	7.1	60.6	21.2	29.1	13.6	6.9	8.0	518.0	2167	5.7
Cappuccino	7.4	60.1	21.3	28.9	14.1	7.3	7.7	516.0	2157	5.9
Caramel	7.2	56.3	18.2	27.6	13.5	7.0	7.2	489.0	2044	5.8
Cherry & Coconut	7.6	59.0	20.0	30.5	13.7	7.1	9.7	526.0	2202	6.7
Cherry & Sultana	7.3	60.4	22.4	26.8	13.1	6.9	7.0	498.0	2082	5.9
Chocolate	7.5	59.7	20.2	29.0	14.2	7.4	7.6	515.0	2156	5.9
Chocolate, Fruit & Nut	7.7	59.0	21.8	29.3	14.4	7.4	7.5	516.0	2159	5.8
Fruit	7.3	59.5	21.0	27.4	13.0	6.8	7.3	500.0	2090	5.9
Raspberry	7.9	59.8	18.0	27.5	13.4	7.1	7.1	504.0	2109	6.4
Toffee	7.4	60.0	20.8	28.9	14.2	7.3	7.7	515.0	2155	5.9
Traditional	7.9	57.6	15.6	30.0	14.7	7.7	7.8	518.0	2166	6.4
Triple Chocolate	7.9	58.6	20.1	29.0	14.0	7.1	7.9	513.0	2145	6.1
Vanilla Fudge	7.3	60.8	22.6	27.9	13.6	7.0	7.4	509.0	2129	5.7
White Chocolate	7.3	59.4	20.6	28.7	14.1	7.3	7.5	511.0	2136	5.9
Yoghurt	7.3	57.3	18.3	28.2	13.8	7.2	7.4	498.0	2084	5.9