

<b>Nutritional Element</b>	<b>Units</b>	<b>Per 100g/ml</b>	<b>Per portion (1 biscuit) in gram</b>	<b>RI</b>	<b>% RI* per Portion</b>
Energy	kJ	2205	326	8400 kJ	4
Energy	kcal	527	78	2000 Kcal	4
Fat	g	27	4	70 g	6
of which saturates	g	17	2.5	20 g	13
Carbohydrate	g	64	9.4	260 g	4
of which sugars	g	1.3	0.2	90 g	1
of which polyols	g	17	2.6		-
of which starch	g				
Fibre	g	1.7	0.3		-
Protein	g	6	0.9	50 g	2
Salt	g	0.88	0.13	6 g	3

\*RI = Reference Intakes of an average adult

'TrafficLights' are per 100g for nutrients.