

	Per 100g	Per 54g	%RI
Energy	1560kJ (370 kcal)	842kJ (200kcal)	10
Fat	7.2g	3.9g	6
of which saturates	2.4g	1.3g	7
Carbohydrate	24g	13g	5
of which sugars	4.3g	2.3g	3
Fibre	14g	7.3g	
Protein	46g	25g	50
Salt	1.6g	0.84g	14
Vitamins & Minerals			
Vitamin A	474ug	256ug	32
Vitamin D	3.2mg	1.7mg	35
Vitamin E	7.5ug	4ug	34
Vitamin K	43mg	23mg	31
Vitamin C	46mg	25mg	31
Thiamin	0.81mg	0.44mg	39
Riboflavin	0.95mg	0.51mg	37
Niacin	10mg	5.4mg	34
Vitamin B6	1.2mg	0.66mg	48
Folic acid	121ug	66ug	33
Vitamin B12	2.3ug	1.3ug	50
Biotin	43ug	23ug	46
Pantothenic acid	3.5mg	1.9mg	32
Potassium	976mg	527mg	26
Chloride	447mg	241mg	30
Calcium	943mg	509mg	64
Phosphorous	575mg	311mg	44
Magnesium	242mg	131mg	35
Iron	11mg	5.8mg	41
Zinc	7mg	3.8mg	38
Copper	0.7mg	0.38mg	38
Manganese	1.1mg	0.6mg	30
Selenium	33ug	18ug	33
Chromium	63ug	34ug	85
Iodine	85ug	46ug	31
Other			
Linolenic acid	182mg	98mg	
Linoleic acid	1858mg	1004mg	