

	Per 100g	Per 55g Serving	%RI*
Energy	1598kJ 378 kcal	879kJ 208 kcal	10
Fat	6.3g	3.5g	5
of which saturates	1.2g	0.6g	4
Carbohydrate	33g	18g	7
of which sugars	5.8g	3.2g	4
Fibre	1.9g	1.0g	
Protein	47g	26g	52
Salt	0.93g	0.51g	9
Vitamins & Minerals			
Vitamin A	437ug	241ug	30
Vitamin D	2.7mg	1.4mg	30
Vitamin E	9.6ug	5.3ug	44
Vitamin K	55mg	30mg	41
Vitamin C	65mg	36mg	45
Thiamin	0.63mg	0.35mg	32
Riboflavin	0.77mg	0.43mg	31
Niacin	8.8mg	4.8mg	30
Vitamin B6	0.63mg	0.46mg	33
Folic Acid	109ug	60ug	30
Vitamin B12	2.6ug	1.4ug	56
Biotin	31ug	17ug	34
Pantothenic acid	3.3mg	1.8mg	30
Potassium	1192mg	655mg	33
Chloride	304mg	167mg	21
Calcium	1207mg	664mg	63
Phosphorous	983mg	541mg	77
Magnesium	221mg	122mg	32
Iron	16mg	8.9mg	63
Zinc	8.0mg	4.4mg	44
Copper	0.93mg	0.51mg	51
Manganese	2.0mg	1.1mg	56
Selenium	53ug	29ug	53
Iodine	62ug	45ug	30
Other			
Conjugated Linoleic Acid (CLA)	2700mg	1485mg	