

Typical Values	Per 100g	Per 45g
Energy	1775kJ / 423kcal	799kJ / 190kcal
Fat of which saturates	12.9g 1.3g	5.8g 0.6g
Carbohydrates of which sugars	63.3g 0.8g	28.5g 0.3g
Fibre	7.0g	3.2g
Protein	7.3g	3.3g
Salt	2.2g	1.0g