

| | Per 100g with water | Per 55g with water |
|---------------------------------|---------------------|--------------------|
| Energy | 1532kJ / 369kcal | 843kJ / 203kcal |
| Total Fat of which saturates | 9.2g 2.2g | 5.1g 1.2g |
| Carbohydrate of which sugars | 23g 0g | 13g 0g |
| Fibre | 12g | 6.8g |
| Protein | 46g | 25g |
| Salt | 1.39g | 0.77g |
| Vitamins & Minerals | | |
| | Per 55g | RI* |
| Vitamin A | 240µg | 30% |
| Vitamin D3 | 1.5µg | 30% |
| Vitamin E | 3.6mg | 30% |
| Vitamin K | 22.5µg | 30% |
| Vitamin C | 24mg | 30% |
| Thiamine (B1) | 0.33mg | 30% |
| Riboflavin (B2) | 0.42mg | 30% |
| Niacin (B3) | 4.8mg | 30% |
| Vitamin B6 | 0.42mg | 30% |
| Folic Acid | 60µg | 30% |
| Vitamin B12 | 0.75µg | 30% |
| Biotin | 15µg | 30% |
| Pantothenic acid (B5) | 1.8mg | 30% |
| Potassium | 500mg | 25% |
| Calcium | 240mg | 30% |
| Phosphorus | 309.4mg | 44% |
| Magnesium | 112.5mg | 30% |
| Iron | 8.51mg | 61% |
| Zinc | 3mg | 30% |
| Copper | 0.3mg | 30% |
| Manganese | 0.6mg | 30% |
| Selenium | 16.5µg | 30% |
| Chromium | 12µg | 30% |
| Iodine | 45µg | 30% |
| Alpha Linolenic Acid (ALA) | 632mg | ** |

*Reference Intake **RI Not Established