

	Per 100g with water	Per 55g with water
Energy	1529kJ / 365kcal	841kJ / 201kcal
Total fat	8.1g	4.5g
of which saturates	1.2g	0.7g
Carbohydrate	30g	16g
of which sugars	4.3g	2.4g
Fibre	7.6g	4.2g
Protein	45g	25g
Salt	1.49g	0.82g
Vitamins & Minerals		
	Per 55g	RI*
Vitamin A	240	30%
Vitamin D3	1.5	30%
Vitamin E	3.6mg	30%
Vitamin K	22.5	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	60	30%
Vitamin B12	0.75	30%
Biotin	15	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	16.5	30%
Chromium	12	30%
Iodine	45	30%
Alpha Linolenic	632mg	**
Acid (ALA)		

*Reference Intake **RI Not Established