

Typical Values	100g contains	A serving contains	%Reference Intake	Reference Intake
Energy	1484kJ	861kJ	10%	8400kJ
Energy	356kcal	206kcal	10%	2000kcal
Fat	15g	8.7g	12%	70g
of which saturates	9.4g	5.5g	28%	20g
Carbohydrate	36g	21g	8%	260g
of which sugars	3.3g	1.9g	2%	90g
Fibre	6.4g	3.7g		
Protein	28g	16g	32%	50g
Salt	0.69g	0.40g	7%	6g