

Typical Values	100g contains	A serving contains	%Reference Intake	Reference Intake
Energy	1463kJ	395kJ	5%	8400kJ
Energy	349kcal	94kcal	5%	2000kcal
Fat	7.8g	2.1g	3%	70g
of which saturates	4.5g	1.2g	6%	20g
Carbohydrate	36g	9.7g	4%	260g
of which sugars	3.9g	1.1g	1%	90g
Fibre	16g	4.2g	-	-
Protein	29g	7.8g	16%	50g
Salt	0.41g	0.11g	2%	6g

Contains 1 servings

Reference intake of an average adult (8400 kj / 2000 kcal)