

	Per 100g	Per 55g Serving	%RI*
Energy	1614kJ 382 kcal	888kJ 210 kcal	11
Fat	5.8g	3.2g	5
of which saturates	0.9g	0.5g	3
Carbohydrate	34g	19g	7
of which sugars	5.6g	3.1g	3
Fibre	1.3g	0.7g	
Protein	48g	26g	52
Salt	1.10g	0.63g	11
Vitamins & Minerals			
Vitamin A	437ug	241ug	30
Vitamin D	2.7mg	1.4mg	30
Vitamin E	9.5ug	5.3ug	44
Vitamin K	55mg	30mg	41
Vitamin C	65mg	36mg	45
Thiamin	0.63mg	0.35mg	32
Riboflavin	0.77mg	0.43mg	31
Niacin	8.7mg	4.8mg	30
Vitamin B6	0.83mg	0.46mg	33
Folic Acid	109ug	60ug	30
Vitamin B12	2.6ug	1.4ug	56
Biotin	31ug	17ug	34
Pantothenic acid	3.3mg	1.8mg	30
Potassium	1136mg	625mg	31
Chloride	443mg	244mg	30
Calcium	1209mg	665mg	63
Phosphorous	964mg	541mg	77
Magnesium	210mg	115mg	31
Iron	15mg	8.5mg	61
Zinc	7.8mg	4.3mg	43
Copper	0.83mg	0.46mg	46
Manganese	2.0mg	1.1mg	56
Selenium	53ug	29ug	53
Iodine	62ug	45ug	30
Other			
Conjugated Linoleic Acid (CLA)	2700mg	1485mg	