

Typical Values	100g contains	A serving contains	% Reference Intake	Reference Intake
Energy	1438kJ	834kJ	10%	8400kJ
Energy	345kcal	200kcal	10%	2000kcal
Fat	14g	8.1g	12%	70g
of which saturates	9.8g	5.7g	29%	20g
Carbohydrate	37g	21g	8%	260g
of which sugars	3.5g	2.0g	2%	90g
Fibre	6.1g	3.5g	-	-
Protein	27g	16g	32%	50g
Salt	0.69g	0.40g	7%	6g

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