Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 30g serving |
| Energy | 278 kcal | 113 kcal |
| Fat | 0.9g | 0.3g |
|  of which saturates | 0.2g | 0.1g |
| Carbohydrates | 84g | 25g |
|  of which sugars | 8g | 2.4g |
| Fibre | 3g | 0.9g |
| Protein | 7g | 2.1g |
| Salt | 1.13g | 0.34g |

Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 30g serving |
| Energy | 386 kcal | 116 kcal |
| Fat | 1.2g | 0.4g |
|  of which saturates | 0.6g | 0.2g |
| Carbohydrates | 83.9g | 25.2g |
|  of which sugars | 6.6g | 2.0g |
| Fibre | 3.4g | 1.0g |
| Protein | 8.1g | 2.4g |
| Salt | 0.95g | 0.29g |

Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 30g serving |
| Energy | 367 kcal | 116 kcal |
| Fat | 2.9g | 0.8g |
|  of which saturates | 1g | 0.3g |
| Carbohydrates | 84g | 25g |
|  of which sugars | 30g | 9.0g |
| Fibre | 3g | 0.9g |
| Protein | 5.5g | 1.7g |
| Salt | 0.75g | 0.22g |



Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 30g serving |
| Energy | 395 kcal | 118 kcal |
| Fat | 2.8g | 0.8g |
|  of which saturates | 1.5g | 0.4g |
| Carbohydrates | 85.0g | 25.5g |
|  of which sugars | 28.0g | 8.4g |
| Fibre | 2.7g | 0.8g |
| Protein | 6.0g | 1.8g |
| Salt | 0.66g | 0.20g |

Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | 94g serving (2 pots) |
| Energy | 86 kcal | 83 kcal |
| Fat | 2.4g | 0.3g |
|  of which saturates | 1.6g | 1.5g |
| Carbohydrates | 10.4g | 9.8g |
|  of which sugars | 9.9g | 9.3g |
| Fibre | <0.1g | <0.1g |
| Protein | 5.3g | 5.0g |
| Salt | 0.12g | 0.11g |



Table of nutritional information

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 50g serving |
| Energy | 77 kcal | 39 kcal |
| Fat | 3.2g | 1.6g |
|  of which saturates | 2.2g | 1.1g |
| Carbohydrates | 4.9g | 2.5g |
|  of which sugars | 4.9g | 2.5g |
| Fibre | <0.1g | <0.1g |
| Protein | 6.9g | 3.5g |
| Salt | 0.15g | 0.8g |