

Nutritional Values	per 100g	per portion (50g)	% GDA* per 50g
Energy (kcal)	439,30	219,65	10,98%
Energy (KJ)	1838,10	919,05	10,94%
Protein (g)	13,50	6,75	13,50%
Carbohydrates (g)	40,60	20,30	7,81%
with sugars (g)	36,90	18,45	20,50%
Fat (g)	22,70	11,35	16,21%
with saturated fatty acids (g)	2,60	1,30	6,50%
with monounsaturated fatty acids (g)	12,50	6,25	19,53%
with polyunsaturated fatty acids (g)	7,50	3,75	28,85%
with trans fatty acids (g)	0,00	0,00	0,00%
Fibers (g)	9,20	4,60	18,40%
Vitamin content	per 100g	per portion (50g)	% RDA* per 50g
Vitamin E (mg)	17,00	8,50	70,83%
Mineral content	per 100g	per portion (50g)	% RDA* per 50g
Potassium (mg)	366,00	183,00	9,15%
Calcium (mg)	50,00	25,00	3,13%
Phosphorus (mg)	127,00	63,50	9,07%
Magnesium (mg)	12,00	6,00	1,60%
Iron (mg)	4,30	2,15	15,36%
Zinc (mg)	2,70	1,35	13,50%
Manganese (mg)	1,40	0,70	35,00%
Copper (mg)	1,00	0,50	50,00%
Sodium (mg)	7,00	3,50	0,07%

% GDA = % of Guideline Daily Amount (GDA) on a basis of 2.000 kcal

% RDA = % Recommended Daily Allowance