

<b>Nutritional Values</b>	<b>per 100g</b>	<b>per portion (50g)</b>	<b>% GDA* per 50g</b>
Energy (kcal)	476,80	238,40	11,92%
Energy (KJ)	1994,80	997,40	11,87%
Protein (g)	13,00	6,50	13,00%
Carbohydrates (g)	38,30	19,15	7,37%
with sugars (g)	35,60	17,80	19,78%
Fat (g)	28,30	14,15	20,21%
with saturated fatty acids (g)	3,20	1,60	8,00%
with monounsaturated fatty acids (g)	18,20	9,10	28,44%
with polyunsaturated fatty acids (g)	6,70	3,35	25,77%
with trans fatty acids (g)	0,00	0,00	0,00%
Fibers (g)	8,50	4,25	17,00%

<b>Vitamin content</b>	<b>per 100g</b>	<b>per portion (50g)</b>	<b>% RDA* per 50g</b>
Vitamin E (mg)	22,00	11,00	91,67%

<b>Mineral content</b>	<b>per 100g</b>	<b>per portion (50g)</b>	<b>% RDA* per 50g</b>
Potassium (mg)	558,00	279,00	13,95%
Calcium (mg)	121,00	60,50	7,56%
Phosphorus (mg)	98,00	49,00	7,00%
Magnesium (mg)	33,00	16,50	4,40%
Iron (mg)	3,50	1,75	12,50%
Zinc (mg)	2,10	1,05	10,50%
Manganese (mg)	1,30	0,65	32,50%
Copper (mg)	1,10	0,55	55,00%
Sodium (mg)	55,00	27,50	0,55%

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

% RDA = % Recommended Daily Allowance