

<b>Nutritional Values</b>	<b>per 100g</b>	<b>per portion (45g)</b>	<b>% GDA* per 45g</b>
Energy (kcal)	431,00	193,95	9,70%
Energy (KJ)	1807,00	813,15	9,68%
Protein (g)	10,60	4,77	9,54%
Carbohydrates (g)	59,50	26,78	10,30%
with sugars (g)	46,10	20,75	23,05%
Fat (g)	18,00	8,10	11,57%
with saturated fatty acids (g)	2,85	1,28	6,41%
with monounsaturated fatty acids (g)	10,40	4,68	14,63%
with polyunsaturated fatty acids (g)	4,96	2,23	17,17%
with trans fatty acids (g)	0,00	0,00	0,00%
Fibers (g)	5,60	2,52	10,08%
Salt (g)	0,13	0,06	0,98%

<b>Vitamin content</b>	<b>per 100g</b>	<b>per portion (50g)</b>	<b>% RDA* per 50g</b>
Vitamin E (mg)	2,81	1,26	10,54%

<b>Mineral content</b>	<b>per 100g</b>	<b>per portion (50g)</b>	<b>% RDA* per 50g</b>
Potassium (mg)	878,40	395,28	19,76%
Calcium (mg)	137,90	62,06	7,76%
Phosphorus (mg)	270,30	121,64	17,38%
Magnesium (mg)	130,20	58,59	15,62%
Iron (mg)	5,00	2,25	16,07%
Zinc (mg)	2,00	0,90	9,00%
Manganese (mg)	1,40	0,63	31,50%
Copper (mg)	0,85	0,38	38,25%
Salt (g)	0,13	0,06	0,98%

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

% RDA = % Recommended Daily Allowance