

Nutritional values	per 100g	per portion (45g)
Energy (kcal)	419	189
Energy (KJ)	1747	786
Protein (g)	12	6
Carbohydrates (g)	42	19
with sugars (g)	30	14
Fat (g)	22	10
with saturated fatty acids (g)	3	1
Fiber (g)	9	4
Salt (g)	0.10	0.05