

Nutritional values	per 100g	per portion (45g)
Energy (kcal)	406	183
Energy (KJ)	1694	762
Protein (g)	10	4
Carbohydrates (g)	41	18
with sugars (g)	24	11
Fat (g)	19	9
with saturated fatty acids (g)	2	1
Fiber (g)	15	7
Salt (g)	0.05	0.02