

## NUTRITIVES TABLE

	Per 100 g	Per 25 g*	% Per 25 g *
<b>Energy</b>	1811 kJ 430 kcal	453 kJ 108 kcal	5% **
<b>Fat</b>	12,0 g	3,0 g	4% **
- of which saturated	5,7 g	1,4 g	7% **
<b>Carbohydrate</b>	68 g	17 g	7% **
- of which sugars	21 g	5,3 g	6 % **
<b>Fiber</b>	3,0 g	0,8 g	/
<b>Protein</b>	11 g	2,8 g	6% **
<b>Salt</b>	0,96 g	0,24 g	4% **
<b>Vitamin E ****</b>	2,0 mg (17%***)	0,5 mg	4%***
<b>Vitamin C</b>	13 mg (16%***)	3,0 mg	4%***
<b>Tiamin</b>	0,9 mg (82%***)	0,2 mg	18 % ***
<b>Niacin</b>	18,0 mg (113%***)	4,5 mg	28% ***
<b>Vitamin B6</b>	2,0 mg (143%***)	0,5 mg	36% ***
<b>Folic acid ***</b>	95,80 mg (48%***)	23,9 µg	12%***
<b>Phosphorus</b>	130,0 mg (19%***)	32,5 mg	5%***
<b>Iron</b>	2,1 mg (15%***)	0,5 mg	4%***

\* portion 25 g - 6 portions per pack 150g

- 12 portions per pack 300g

- 24 portions per pack from 600g

\*\* Refernt intake for average adult person (8400 kJ / 2000kcal)

\*\*\* NRV - Nutritional referent value

\*\*\*\* Natural amount of vitamin E and folic acid

\*\*\*\*\* Natural amount of minerals phosphorus and iron