

Typical Values	Per 100g	Per 45g
Energy	1828kJ / 435kcal	823kJ / 196kcal
Fat of which saturates	13.3g 1.3g	6.0g 0.6g
Carbohydrates of which sugars	66.0g 0.7g	29.7g 0.3g
Fibre	7.0g	3.2g
Protein	7.4g	3.3g
Salt	1.5g	0.7g