

Typical Values	Per 100g	Per 45g
Energy	1793kJ / 426kcal	807kJ / 192kcal
Fat of which saturates	12.7g 1.3g	5.7g 0.6g
Carbohydrates of which sugars	67g 0.5g	30.2g 0.2g
Fibre	9.4g	4.2g
Protein	7.9g	3.6g
Salt	1.1g	0.5g