

<b>NUTRITIONAL INFORMATION</b>	<b>Average Quantity per 30g</b>	<b>Average Quantity per 100g</b>
<b>Energy (kJ)</b>	413	1375
<b>Protein (g)</b>	1	2.4
<b>Total Fat (g)</b>	0	1.3
<b>- Saturated Fat (g)</b>	0	0.3
<b>Carbohydrate (g)</b>	24	80
<b>- Sugars (g)</b>	21	70
<b>Dietary Fibre (g)</b>	3	8.5
<b>Sodium (mg)</b>	3	9