

<b>NUTRITIONAL INFORMATION</b>	<b>Average Quantity per 30g</b>	<b>Average Quantity per 100g</b>
<b>Energy (kJ)</b>	374	1246
<b>Protein (g)</b>	4	12.3
<b>Total Fat (g)</b>	0	1.2
<b>- Saturated Fat (g)</b>	0	0
<b>Carbohydrate (g)</b>	7	23.4
<b>- Sugars (g)</b>	7	23.4
<b>Dietary Fibre (g)</b>	17	57
<b>Sodium (mg)</b>	23	78