

<b>NUTRITIONAL INFORMATION</b>	<b>Average Quantity per 30g</b>	<b>Average Quantity per 100g</b>
<b>Energy (kJ)</b>	389	1296
<b>Protein (g)</b>	3	8.5
<b>Total Fat (g)</b>	1	2.5
<b>- Saturated Fat (g)</b>	0	0
<b>Carbohydrate (g)</b>	14	47
<b>- Sugars (g)</b>	14	46
<b>Dietary Fibre (g)</b>	9	30
<b>Sodium (mg)</b>	11	36