

NUTRITION FACTSServing size : 30 g
Serving per pack : 15

	Per Serving	Per 100 g
Energy	107 kcal / 453 kJ	355 kcal/ 1511 kJ
Carbohydrate	24 g	80 g
Total sugars	21 g	71 g
Protein	0.1 g	0.1 g
Fat	0.1 g	0.5 g
Sodium	372 mg	1240 mg
Potassium	300 mg	1000 mg
Calcium	252 mg	840 mg
Magnesium	114 mg	380 mg
Phosphorus	210 mg	700 mg
Niacin	16 mg	53 mg
Vitamin A (from Provitamin A)	333 µg	1110 µg
Vitamin B ₁ (Thiamin)	1.1 mg	3.7 mg
Vitamin B ₂ (Riboflavin)	1.4 mg	4.7 mg
Vitamin B ₆	1.4 mg	4.7 mg
Vitamin B ₁₂	2.5 µg	8.3 µg
Vitamin C	80 mg	267 mg
Vitamin E	12 mg	40 mg
Biotin	50 µg	167 µg
Pantothenic acid	6 mg	20 mg