

per portion (100ml)

SERVES

1

ENERGY

143kJ

34kcal

2%

FAT

0g

LOW

0%

SATURATES

0.1g

LOW

1%

SUGAR

8.3g

MED

9%

SALT

3.3g

HIGH

54%

% of an adult's reference intake

Typical values per 100ml: Energy 143kJ/34kcal