

per portion (100ml)

SERVES

1

ENERGY

211kJ

50kcal

3%

FAT

0g

LOW

0%

SATURATES

0.1g

LOW

1%

SUGAR

12g

MED

14%

SALT

2.3g

HIGH

38%

% of an adult's reference intake

Typical values per 100ml: Energy 211kJ/50kcal