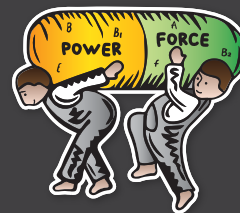




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Porridge

SACHET 1.3kg

FLAVOUR Regular



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Typical nutritional information (as packed)

Nutrient	Unit	per 100g serving	% NVR'S per 100g serving*
Energy	kJ	1605	
Protein	g	6.7	12%
Glycemic Cabohydrate	g	79	
of which Total Sugar	g	23.3	
Total Fat	g	4.2	
Of which:			
Saturated Fatty Acids	g	1.3	
Trans Fatty Acids	g	0	
Monounsaturated fat	g	0.5	
Polyunsaturated Fatty Acids	g	2.4	
Of which Omega 3 fatty acids	mg	274	
Omega 6 Fatty Acids	mg	2163	
Omega 9 Fatty Acids	mg	454	
Cholesterol	mg	3	
Dietary Fibre	g	2.3	
(AOAC Method 985.29)			
Total Sodium	mg	329	
Vitamins:			
A (Palmitate 250 000 IU/g)	µg	11980	100%
B1 (Thiamine)	mg	1.2	100%
B2 (Riboflavin)	mg	1.3	100%
B3 (Nicotinamide)	mg	16	100%
B5 (Panthothenic Acid)	mg	5	100%
B6 (Pyridoxine)	mg	1.7	100%
B9 (Folic Acid)	µg	400	100%
B12	µg	2.4	100%
C (Ascorbic Acid)	mg	100	100%
D3 (100 000IU/g)	µg	6	100%
E	mg	15	100%
H (Biotin)	µg	30	100%