



Nutrient	Amount	Unit	Nutrient	Target	% of rec.
Energy	669	kcal	Energy	646	104
Fat	18.4	g	Fat	25.1	73
Saturated fatty acids	5.9	g	SatFat	7.9	75
Carbohydrates	103	g	Carb	86.1	120
NME (non-milk extrinsic) sugars	15.6	g	NMES	18.9	83
Fibre/NSP (non-starch polysaccharides)	7.5	g	Fibre	5.2	144
Protein	29.1	g	Prot	13.3	219
Iron	5.2	mg	Iron	5.2	100
Calcium	363.9	mg	Calc	350	104
Vitamin A (retinol equivalents)	447.8	Âµg	Vit A	245	183
Folate	128.8	Âµg	Fol	70	184
Vitamin C	48.7	mg	Vit C	14	348
Sodium	603.1	mg	Sodium	714	84
Zinc	3.7	mg	Zinc	3.3	111