

Nutrient	Amount per Serving	% Daily Value*	Amount per 100g
Total Energy	kcal 260	13%	kcal 450
	kJ 1089		kJ 1886
Energy from Fat	kcal 80		kcal 150
Total Fat	9g	14%	17g
Saturated Fat	4g	18%	6g
Trans Fat	0g	0%	0g
Monounsaturated Fat	4g	7%	7g
Polyunsaturated Fat	2g	4%	4g
Cholesterol	0mg	0%	0mg
Linoleic Acid	1599mg		2805mg
α -Linolenic Acid	132mg		231mg
DHA	4.2mg		7.3mg
Sodium	170mg	7%	300mg
Potassium	370mg	10%	650mg
Total Carbohydrates	32g	11%	56g
- Sugars	13g		22g
Dietary Fiber	3g	12%	5g
- Soluble Fiber (FOS)	3g		5g
Protein	9g	19%	17g
Vitamin A	219 μ g	27%	385 μ g
Vitamin C	23mg	38%	40mg
Calcium	171mg	21%	298mg
Iron	3.1mg	22%	5.5mg
Folic Acid	87 μ g	45%	153 μ g
Pantothenic Acid	1.7mg	15%	3mg
Vitamin B6	449 μ g	20%	787 μ g
Vitamin B12	0.48 μ g	50%	0.85 μ g
Vitamin D	1.7 μ g	35%	3 μ g
Vitamin E	3.6mg	20%	6.3mg
Vitamin K	13 μ g	15%	23 μ g
Vitamin B1	320 μ g	25%	561 μ g
Vitamin B2	384 μ g	25%	674 μ g
Niacin	3.8mg	20%	7mg
Biotin	50.5 μ g	15%	89 μ g
Copper	282 μ g	15%	495 μ g
Chromium	20.5 μ g	15%	36 μ g
Phosphorus	141.4mg	15%	248mg
Manganese	336 μ g	15%	589 μ g
Magnesium	68.4mg	25%	120mg
Sodium	170mg	7%	300mg
Molybdenum	22mg	9.1%	-

Selenium	19µg	15%	-
Iodine	16mg	15%	-
Zinc	33mg	20%	-

Percent Daily Values are based on a diet of 2000 calories. Your daily values may be higher or lower depending on your calorie needs.