



Kabrita Goat Cheese Puffs - Nutrition Information

	Per 100g	Per 15g bag	DRI* of nutrient 6-12 mos	% DRI*/serving for 6-12 mos	DRI* of nutrient 1-3 yrs	% DRI*/serving for 1-3 yrs
Energy	444	66.6				
Fat (g)	12	1.8	30	6.0%		
(saturated fat)	4	0.6				
Carbohydrates (g)	71	10.65	95	11.2%	130	8.2%
(sugar)	-	0				
Fibre (g)	1.8	0.27	N/A	-	19	1.4%
Protein (g)	10	1.5	11	13.6%	13	11.5%
Salt (g)	0.58	0.087				
Sodium (g)	0.23	0.0345				
Vitamin A (mcg)	0.04	0.006	500	0.0%	300	0.0%
Vitamin D (mcg)	0	0				
Vitamin C (mg)	0	0				
Thiamin (B1) (mg)	0	0	0.3	0.0%	0.5	0.0%
Vitamin B6 (mg)	0	0	-	-	-	-
Folic acid (mcg)	0	0	-	-	-	-
Calcium (mg)	107	16.05	260	6.2%	700	2.3%
Zinc (mg)	1.16	0.174	3	5.8%	3	5.8%
Selenium (mcg)	55	8.25	20	41.3%	20	41.3%
Iodine (mcg)	0.5	0.075	130	0.1%	90	0.1%
Iron (mg)	0.1	0.015	11	0.1%	7	0.2%
Potassium (mg)	98	14.7	860	1.7%	2000	0.7%

*Dietary Reference Intake (DRI).