



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

\*DRI = Dietary Reference Intake