

# WHOLESOME BLENDS

## Macro and Micronutrient Breakdown

### VEGETARIAN

NUTRITION INFORMATION Serving size: 280g		
		Average quantity per 100g
Energy	kJ	500
	kcal	120
Protein	g	3.6
Carbohydrate - Total	g	14.7
Carbohydrate - Sugar	g	7
Fat - Total	g	5.1
Fat - Saturated	g	0.5
Dietary Fibre	g	less than 1
Minerals		
Sodium	mg	85
Potassium	mg	390
Calcium	mg	27
Phosphorus	mg	66
Magnesium	mg	27
Zinc	mg	0.4
Iron	mg	1.73
Copper	mg	0.27
Manganese	mg	0.51
Selenium	mcg	50
Iodine	mg	0.01
Vitamins		
Vitamin A (Retinol)	mcg	15
Vitamin D	mcg	0.5
Vitamin E	mg	0.4
Vitamin K	ug	9.1
Thiamin	mg	0.040
Riboflavin	mg	0.03
Niacin	mg	0.20
Pantothenic acid	mg	0.14
Vitamin B6	mg	<0.01
Total folate	ug	<5
Vitamin B12	ug	<5
Vitamin C	mg	<0.050

### PORK

NUTRITION INFORMATION Serving size: 280g		
		Average quantity per 100g
Energy	kJ	450
	kcal	108
Protein	g	3.7
Carbohydrate - Total	g	7.3
Carbohydrate - Sugar	g	3.1
Fat - Total	g	6.8
Fat - Saturated	g	1.6
Dietary Fibre	g	1.4
Minerals		
Sodium	mg	106
Potassium	mg	129
Calcium	mg	10
Phosphorus	mg	44.2
Magnesium	mg	10
Zinc	mg	0.49
Iron	mg	0.57
Copper	mg	0.17
Manganese	mg	0.28
Selenium	ug	0.05
Iodine	ug	30
Vitamins		
Vitamin A (Retinol)	ug	15
Vitamin D	ug	<13
Vitamin E	mg	0.5
Vitamin K	ug	1.5
Thiamin	mg	0.043
Riboflavin	mg	0.02
Niacin	mg	0.76
Pantothenic acid	mg	0.19
Vitamin B6	mg	0.015
Total folate	ug	<5
Vitamin B12	ug	<5
Vitamin C	mg	0.38

### CHICKEN

NUTRITION INFORMATION Serving size: 280g		
		Average quantity per 100g
Energy	kJ	519
	kcal	124
Protein	g	6
Carbohydrate - Total	g	10.2
Carbohydrate - Sugar	g	5.7
Fat - Total	g	6.3
Fat - Saturated	g	0.7
Dietary Fibre	g	1.3
Minerals		
Sodium	mg	44
Potassium	mg	193
Calcium	mg	18
Phosphorus	mg	77.4
Magnesium	mg	20.8
Zinc	mg	0.6
Iron	mg	1.5
Copper	mg	0.2
Manganese	mg	0.2
Selenium	mg	0.1
Iodine	mg	<0.1
Vitamins		
Vitamin A (Retinol)	ug	<0.05
Vitamin D	ug	<0.5
Vitamin E	mg	1
Vitamin K	ug	11
Thiamin	mg	0.03
Riboflavin	mg	0.04
Niacin	mg	2.4
Pantothenic acid	mg	0.33
Vitamin B6	mg	0.02
Total folate	ug	<5.0
Vitamin B12	ug	<5.0
Vitamin C	mg	<0.05

### CHERRY CACAO

NUTRITION INFORMATION Serving size: 280g		
		Average quantity per 100g
Energy	kJ	521
	kcal	125
Protein	g	3.3
Carbohydrate - Total	g	13.5
Carbohydrate - Sugar	g	10.9
Fat - Total	g	5.3
Fat - Saturated	g	3.3
Dietary Fibre	g	3.8
Minerals		
Sodium	mg	8
Potassium	mg	224
Calcium	mg	24
Phosphorus	mg	92.9
Magnesium	mg	65.7
Zinc	mg	0.9
Iron	mg	1.2
Copper	mg	0.4
Manganese	mg	0.65
Selenium	mg	<0.05
Iodine	mg	<0.1
Vitamins		
Vitamin A (Retinol)	ug	<0.5
Vitamin D	ug	<0.5
Vitamin E	mg	<0.1
Vitamin K	ug	<1
Thiamin	mg	0.015
Riboflavin	mg	0.024
Niacin	mg	0.3
Pantothenic acid	mg	0.07
Vitamin B6	mg	0.02
Total folate	ug	<5
Vitamin B12	ug	<5
Vitamin C	mg	<0.15

Discrepancies may occur due to seasonal changes. Whole foods without additives and preservatives may often have slight differences between batches.

Updated as of August 2023