

# ALMOND PORRIDGE MIX 250G

## NUTRITION FACTS (FINISHED SERVE)

SERVES PER PACK: 5 SERVING SIZE: 50g

### INGREDIENTS

Almond Meal (74%), Sunflower Seeds, Spices (Cinnamon, Nutmeg, Ginger), Sesame Seeds, Chia Seeds.

**Contains Tree Nuts (Almond), Sesame Seeds.**

These values are for a serve of porridge weighing approximately 285g produced when porridge is prepared according to packet directions.

NUTRIENT	QUANTITY PER SERVING	QUANTITY PER 100G
Energy	1820kj	639kj
Protein	12.3g	4.3g
Total Fat	29.7g	10.4g
- Saturated Fat	12.2g	4.2g
Carbohydrates - Total	27.0g	9.5g
- Sugars	22.0g	7.7g
Sodium	96mg	34mg