

LIGHT & RIGHT APRICOT

NUTRITION INFORMATION

Pack size: 450g

Servings per pack: 10

Serving Size: 45g
(approx. 1/2 cup)

	AVG. QTY PER SERVING	%DI PER SERVET†	AVG. QTY PER 100G
Energy	729kJ	8%	1620kJ
Protein	5.4g	11%	12.0g
Fat			
- Total	1.7g	2%	3.8g
- Saturated	0.4g	2%	0.8g
Carbohydrate	32.1g	10%	71.3g
- Sugars	7.3g	8%	16.3g
Dietary Fibre	3.4g	11%	7.5g
Sodium	105mg	5%	230mg
Thiamine (B1)	0.13mg (12% RDI*)		0.29mg
Riboflavin (B2)	0.13mg (8% RDI*)		0.29mg
Niacin (B3)	1.9mg (19% RDI*)		4.3mg
Iron	1.5mg (13% RDI*)		3.4mg
Folic Acid (B9)	22µg (11% RDI*)		49µg

† Percentage Daily Intake (%DI) are based on an average adult diet of 8700kJ. Your Daily Intake may be higher or lower depending on your energy needs.

* Percentage of Recommended Dietary Intake (RDI).

INGREDIENTS: Wholegrains (64%)(**wheat [60%]**, **oats [3.9%]**, puffed buckwheat), apricot (8%)(apricot flakes, apricot puree & apricot pieces [contains **wheat**]), sugar, rice, bransticks (4.6%)(contains **wheat & barley**), pumpkin seeds (4.1%), **barley** malt extract (contains **gluten**), salt, honey, dietary fibre (polydextrose), flavours, emulsifier (471), canola oil, acidity regulator (citric acid), golden syrup.

Total Wholegrains 64%

Contains gluten (**wheat**, **barley**, **oats**).

May be present: peanuts, soy and tree nuts.

Store in a cool, dry place.

 **SOURCE OF FIBRE**

 **SOURCE OF PROTEIN**

Hubbards