

LIGHT & RIGHT HAZELNUT & ALMOND

NUTRITION INFORMATION

Pack size: 450g

Servings per pack: 9

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

	AVG. QTY PER SERVING	%DI PER SERVE†	AVG. QTY PER 100G
Energy	752kJ	9%	1670kJ
Protein	4.8g	10%	10.6g
Fat			
- Total	3.7g	5%	8.3g
- Saturated	0.9g	4%	2.0g
Carbohydrate	29.3g	9%	65.0g
- Sugars	6.5g	7%	14.4g
Dietary Fibre	4.3g	14%	9.6g
Sodium	95mg	4%	210mg
Thiamine (B1)	0.14mg (13% RDI*)		0.31mg
Riboflavin (B2)	0.16mg (9% RDI*)		0.36mg
Niacin (B3)	1.1mg (11% RDI*)		2.4mg
Iron	1.5mg (13% RDI*)		3.4mg
Folic Acid (B9)	36µg (18% RDI*)		81µg

† 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 (60%)(wheat [55%], oats [4.5%], puffed buckwheat), sugar, rice, bransticks (4.7%)(contains wheat & barley), sunflower seeds, hazelnuts (2.9%), barley malt extract (contains gluten), almonds (2.6%), cashews (2.5%), honey, coconut (1.2%)(contains sulphites), salt, caramelised sugar syrup, dietary fibre (polydextrose), flavours, canola oil, emulsifier (471), golden syrup.

Total Wholegrains 60% .

Contains gluten (wheat, barley, oats), hazelnuts, almonds, cashews and sulphites.

May be present: peanuts, soy, dairy and other tree nuts.

Store in a cool, dry place.

 **GOOD SOURCE OF FIBRE**

 **SOURCE OF NIACIN**

Hubbards