

OUTWARD BOUND PROTEIN CEREAL

ORIGINAL

NUTRITION INFORMATION

Serving size: 45g (approx. 3/4 cup)
Servings per pack: 11

Pack size: 500g

	Avg. Qty per serving	Avg. Qty per serving with 1/2 cup (125ml) Trim Milk	%DI per serve with 1/2 cup (125ml) Trim Milk*	Avg. Qty per 100g
Energy	711kJ	925kJ	11%	1580kJ
Protein	4.0g	8.9g	18%	8.9g
Fat				
- Total	3.9g	4.5g	6%	8.7g
- Saturated	0.6g	1.0g	4%	1.3g
Carbohydrate	28.5g	34.6g	11%	63.3g
- Sugars	11.4g	17.5g	19%	25.3g
Dietary fibre	3.3g	3.3g	11%	7.3g
Sodium	90mg	145mg	6%	200mg
Niacin	1.4mg (14% RDI**)			3.2mg
Iron	1.6mg (13% RDI**)			3.6mg

*Percentage Daily Intakes (%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 Daily Intake (RDI).

INGREDIENTS: Cereals (oats, wheat, wheat flour, corn, corn flour, rice, rice pops), sultanas (12.5%) (sultanas, humectant [glycerol], vegetable oil), sugar, fruit flakes (apricot [3.3%], tropical [3.3%] [contains wheat]), vegetable oil, pumpkin seeds (3.1%), barley malt extract, almonds (2.8%), pea protein, maltodextrin, dietary fibre (inulin), salt, golden syrup, emulsifier (471), caramelised sugar syrup, flavour, vitamins (niacin, thiamine, riboflavin, folic acid), mineral (iron).

Contains 35% multigrain flakes

Contains 30% protein clusters

Contains gluten (wheat, barley, oats) and tree nuts (almonds).

May be present: peanuts and other tree nuts.

Made in New Zealand from imported & local ingredients.

Store in a cool, dry place.

🌱 18% OF YOUR DAILY PROTEIN WITH HALF CUP OF TRIM MILK

🌱 SOURCE OF FIBRE, NIACIN + IRON

Hubbards