Nutritional Info per 100g

Calories: 195 kcal 822 kJ

 % Daily Values\*

Total Fat 4.1g 5%

 Saturated Fat 0.57 3%

 Polyunsaturated Fat 1.75g

 Monounsaturated Fat 1.6g

Total Carbohydrate 9.0g 3%

 Dietary Fibre 1.7g 6%

 Sugars 1.3g

Protein 31.3g 63%

Sodium 711mg 31%

Salt 1.78g

\* Reference intake of an average adult 2000 kcal