

Nutrition

	per 100g	per 10g
Energy	1589kJ/377kcal	159kJ/38kcal
Fat	6.1g	0.6g
of which Saturates	3.7g	0.4g
Carbohydrate	67g	6.7g
of which Sugars	59g	5.9g
Fibre	14g	1.4g
Protein	6.8g	0.7g
Salt	0.17g	0.02g



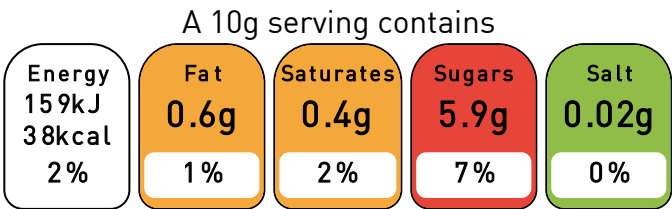
Ingredient Declaration

Demerara Sugar, Cocoa Powder, Cinnamon, Ginger, Nutmeg, Black Pepper, Salt

Allergens

Suitable for Vegans and Vegetarians

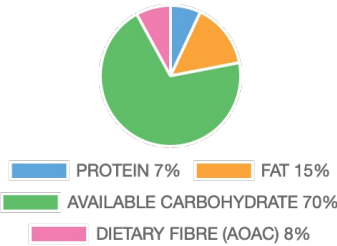
Front of Pack



of an adult's reference intake

Typical values per 100g: 1589kJ/377kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1589	19%
Total Fat	g	70.0	6.1	9%
Saturates	g	20.0	3.7	18%
Carbohydrate	g	260.0	66.6	26%
Sugars	g	90.0	58.8	65%
Protein	g	50.0	6.8	14%
Salt	g	6.0	0.17	3%