

Nutrition

	per 100g	per 10g
Energy	1414kJ/334kcal	141kJ/33kcal
Fat	1.1g	0g
of which Saturates	0.5g	0g
Carbohydrate	77g	7.7g
of which Sugars	73g	7.3g
Protein	1.5g	0g
Salt	0.05g	0g



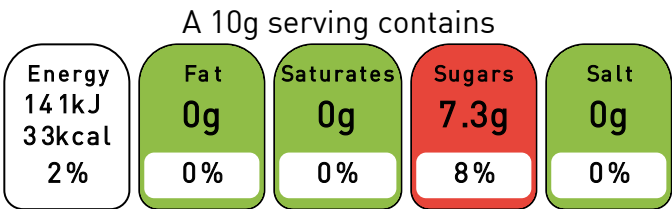
Ingredient Declaration

Demerara Sugar, Beetroot, Cinnamon, Ginger, Cardamom, Cloves, Nutmeg, Black Pepper

Allergens

Suitable for Vegans and Vegetarians

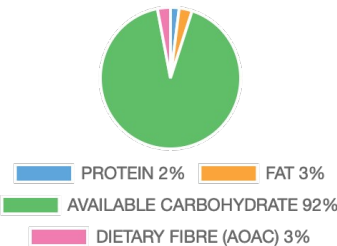
Front of Pack



of an adult's reference intake

Typical values per 100g: 1414kJ/334kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI	Quantity	% RI
Energy	kJ	8400	1414	17%
Total Fat	g	70.0	1.1	2%
Saturates	g	20.0	0.5	2%
Carbohydrate	g	260.0	76.9	30%
Sugars	g	90.0	72.8	81%
Protein	g	50.0	1.5	3%
Salt	g	6.0	0.05	1%