PUMPKIN TWIST

Report date: 8/10/2024

Nutrition

	per 100g	per 10g
Energy	1504kJ/353kcal	150kJ/35kcal
Fat	2.2g	0g
of which Saturates	1.3g	0g
Carbohydrate	78g	7.8g
of which Sugars	67g	6.7g
Fibre	6.9g	0.7g
Protein	1.6g	0g
Salt	0.31g	0.03g

Ingredient Declaration

Panela Chimo, Sugar, Cinnamon, Ginger, Nutmeg, Cardamom, Black Pepper, Vanilla Beans

Allergens

Front of Pack

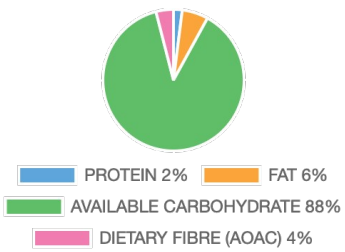
A 10g serving contains

Energy	Fat	Saturates	Sugars	Salt
150kJ 35kcal	0g	0g	6.7g	0.03g
2%	0%	1%	7%	1%

of an adult's reference intake

Typical values per 100g: 1504kJ/353kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1504	18%
Total Fat	g	70.0	2.2	3%
Saturates	g	20.0	1.3	7%
Carbohydrate	g	260.0	78.0	30%
Sugars	g	90.0	67.3	75%
Protein	g	50.0	1.6	3%
Salt	g	6.0	0.31	5%

POWERED BY NutriCalc NUTRITION CALCULATION A TraceGains Brand