

Nutrition

	per 100g	per 10g
Energy	1596kJ/377kcal	160kJ/38kcal
Fat	1.3g	0g
of which Saturates	0.8g	0g
Carbohydrate	86g	8.6g
of which Sugars	80g	8.0g
Fibre	7.4g	0.7g
Protein	1.7g	0g
Salt	0.02g	0g



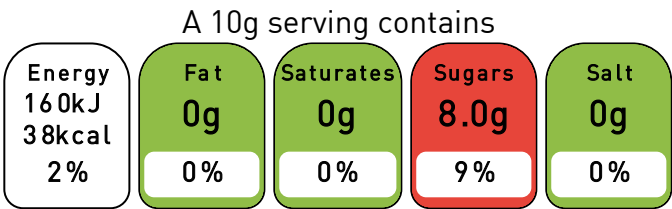
Ingredient Declaration

Demerara Sugar, Cinnamon, Ginger, Nutmeg, Black Pepper

Allergens

Suitable for Vegans and Vegetarians

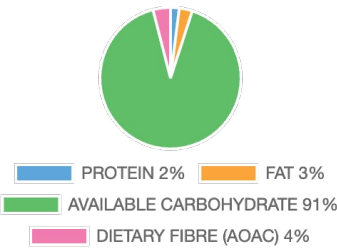
Front of Pack



of an adult's reference intake

Typical values per 100g: 1596kJ/377kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1596	19%
Total Fat	g	70.0	1.3	2%
Saturates	g	20.0	0.8	4%
Carbohydrate	g	260.0	85.8	33%
Sugars	g	90.0	79.9	89%
Protein	g	50.0	1.7	3%
Salt	g	6.0	0.02	0%