

NUTRITION INFORMATION

Servings Per Package:

Serving Size: 25g (1 biscuit)

	Ave Quantity Per Serving	Ave Quantity Per 100g
Energy	397kJ (95 Cal)	1590kJ (380 Cal)
Protein	2.7g	10.9g
Fat ,total	3.8g	15g
- saturated	1.0g	3.9g
- trans	Less than 0.1g	Less than 0.1g
- polyunsaturated	1.05g	4.2g
- omega 3	217mg	870mg
- alpha-linolenic acid	214mg	855mg
- monounsaturated	1.7g	6.8g
Cholesterol	3mg	10mg
Carbohydrate	10.7g	43g
- sugars	7g	28g
Isomalt	1.2g	5g
Dietary Fibre	2.0g	7.9g
Sodium	40mg	160mg
Potassium	113mg	450mg
Iron	2mg (17% RDI*)	8mg
Iodine	20ug (13% RDI*)	80ug
Vitamin A	73ug (10% RDI*)	290ug
- Retinol	5ug	20ug
- alpha- carotene	210ug	840ug
- beta - carotene	300ug	1200ug
Folate	22ug (11% RDI*)	89ug
Niacin	1mg (10% RDI*)	4mg

* Recommended Dietary Intake