

<b>NUTRITION INFORMATION TYPICAL VALUES</b>	<b>Per 100g</b>	<b>Per 100ml**</b>	<b>Per cup**</b>	<b>% RI*</b>
<b>Energy</b>	<b>1657 kJ 393 kcal</b>	<b>131 kJ 31 kcal</b>	<b>297 kJ 70 kcal</b>	<b>4%</b>
<b>Fat</b>	<b>10.0g</b>	<b>0.8g</b>	<b>1.8g</b>	<b>3%</b>
<b>of which: saturates</b>	<b>8.4g</b>	<b>0.7g</b>	<b>1.5g</b>	<b>8%</b>
<b>Carbohydrate</b>	<b>56.9g</b>	<b>4.5g</b>	<b>10.2g</b>	<b>4%</b>
<b>of which: sugars</b>	<b>39.9g</b>	<b>3.1g</b>	<b>7.2g</b>	<b>8%</b>
<b>Fibre</b>	<b>3.9g</b>	<b>0.3g</b>	<b>0.7g</b>	<b>-</b>
<b>Protein</b>	<b>16.6g</b>	<b>1.3g</b>	<b>3.0g</b>	<b>6%</b>
<b>Salt</b>	<b>1.20g</b>	<b>0.09g</b>	<b>0.22g</b>	<b>4%</b>

**\*Reference Intake of an average adult (8400kJ/2000kcal).**

**\*\*One mug (one sachet + 200ml water, makes 230ml);  
used as basis for per 100ml. Makes 35 mugs.**