

NUTRITION FACTS

Serving size - 80 g

	per 80 g serve	per 100 g	%RDI ⁺
Energy	1281 kJ (306 Cal)	1602 kJ (383 Cal)	
Protein	10.5 g	13.1 g	
Fat	1.8 g	2.2 g	
- Saturated	1.7 g	2.1 g	
Carbohydrates			
- Total	60.9 g	76.1 g	
- Sugars	10.8 g	13.5 g	
- Fructose	8.7 g	10.9 g	
- Lactose	0 g	0 g	
- Galactose	0 g	0 g	
Dietary Fibre	0.4 g	0.5 g	
Electrolytes			
- Chloride	66 mg	83 mg	
- Potassium	225 mg	281 mg	
- Sodium	138 mg	173 mg	
- Magnesium	126 mg	157 mg	39
Vitamins and Minerals			
Vitamin B1	211 µg	263 µg	19
Vitamin B2	300 µg	375 µg	18
Vitamin B6	300 µg	375 µg	19
Vitamin B12	400 ng	500 ng	20
Niacin	2.0 mg	2.5 mg	20
Vitamin C	4.5 mg	5.6 mg	11
Vitamin E	3.1 mg	3.9 mg	31
Folic Acid	57 µg	71 µg	29
Biotin	5.0 µg	6.3 µg	17
Calcium	289 mg	361 mg	36
Iron	1.2 mg	1.5 mg	10
Phosphorous	341 mg	426 mg	34

Typical Amino Acid Profile (per 100 g of Protein)	
Alanine	5.2 g
Arginine	2.7 g
Aspartic Acid	10.0 g
Cysteine	2.6 g
Glutamic Acid	15.6 g
Glycine	1.8 g
Histidine	1.6 g
Isoleucine*	4.9 g
Leucine*	11.8 g
Lysine*	9.1 g
Methionine*	2.4 g
Phenylalanine*	3.4 g
Proline	4.5 g
Serine	4.0 g
Threonine*	4.9 g
Tryptophan*	2.2 g
Tyrosine	3.5 g
Valine*	4.9 g

+ Recommended dietary intake
Average values given

µg = Microgram
ng = Nanogram

*essential amino acids