

All flavours

TYPICAL NUTRITIONAL INFORMATION

	Chocolate	English Toffee	Vanilla	Strawberry	Summerberries	Turkish Delight	Nougat	Natural
Average Values for Ready to eat product	Per 100 g	Per 100 g	Per 100 g	Per 100 g	Per 100 g	Per 100 g	Per 100 g	Per 100 g
Energy	419 kJ	526 kJ	475 kJ	548 kJ	553 kJ	670 kJ	502 kJ	475 kJ
Protein	4.4 g	3.5 g	3.6 g	2.8 g	3.3 g	4.1 g	5.3 g	3.5 g
Glycaemic carbohydrate	14.6 g	21.3 g	18.1 g	25.5 g	25.3 g	25.5 g	17.6 g	16.8 g
of which total sugar	13.1 g	21.3 g	18.1 g	25.5 g	25.3 g	24.1 g	16.8 g	16.6 g
Total fat	3.3 g	2.8 g	2.9 g	2.5 g	2.5 g	4.2 g	2.6 g	2.1 g
of which saturated fat	2.3 g	1.9 g	2.0 g	1.7 g	1.8 g	2.9 g	1.8 g	1.6 g
of which trans fat	0.1 g	0.1 g	0.1 g	0.1 g	0.1 g	0.0 g	0 g	0.1 g
of which monounsaturated fat	0.8 g	0.7 g	0.7 g	0.6 g	0.6 g	1.1 g	0.7 g	0.5 g
of which polyunsaturated fat	0.1 g	0.1 g	0.1 g	0.1 g	0.1 g	0.1 g	0.1 g	0.1 g
Cholesterol	12 mg	10 mg	10 mg	11 mg	10 mg	18 mg	6 mg	12 mg
Dietary fibre #	2.3 g	0.9 g	0.7 g	1.5 g	1.2 g	1.3 g	2.1 g	2.2 g
Total sodium	79 mg	105 mg	91 mg	35 mg	63 mg	72.2 mg	82.5 mg	78 mg