



# Seeds & Fruit

## Nutrition Information



Servings per package: 20.00  
 Serving size: 50.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	535 kJ	1070 kJ
Protein	7.4 g	14.7 g
Fat, total	9.8 g	19.6 g
- saturated	1.2 g	2.3 g
Carbohydrate	17.4 g	34.7 g
- sugars	1.4 g	2.9 g
Sodium	5 mg	11 mg