



Seeds & No Fruit

Nutrition Information



Servings per package: 20.00
 Serving size: 50.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	691 kJ	1380 kJ
Protein	8.7 g	17.4 g
Fat, total	12.8 g	25.7 g
- saturated	1.6 g	3.1 g
Carbohydrate	19.0 g	38.0 g
- sugars	0.7 g	1.4 g
Sodium	6 mg	13 mg