




always good - always healthy!



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	882 kJ	1760 kJ
Protein	9.2 g	18.4 g
Fat, total	15.4 g	30.7 g
- saturated	1.9 g	3.7 g
Carbohydrate	15.7 g	31.4 g
- sugars	0.6 g	1.3 g
Sodium	7 mg	14 mg