

Nutritional Information

Serving Size: 30g dry mix / 61g prepared

Servings Per Package: 12 serves

	DRY MIX		PREPARED	
	Avg qty per serve	Avg qty per 100g	Avg qty per serve	Avg qty per 100g
Energy	549.4 kJ	1831.5 kJ	894.1 kJ	1473.8 kJ
Protein	3.0 g	10.1 g	4.7 g	7.7 g
Fat - Total	5.1 g	16.9 g	13.3 g	21.9 g
- Saturated	0.8 g	2.6 g	5.7 g	9.3 g
Carbohydrate	17.5 g	58.2 g	18.2 g	30.0 g
- Sugars	11.5 g	38.3 g	12.1 g	20.0 g
Fibre	2.5 g	8.4 g	2.5 g	4.2 g
Sodium	32.1 mg	107.0 mg	46.4 mg	76.5 mg