

## Nutrition Information\*\*: Popcorn Bites flavoured with Coriander, Horseradish and Lime

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	134.9	19.0	1 %	2000 kcal
Fat (g)	5.4	0.8	1 %	70 g
of which saturates (g)	0.4	0.1	0 %	20 g
of which monounsaturates (g)	1.2	0.2		
of which polyunsaturates (g)	0.4	0.1		
Carbohydrates (g)	14.2	2.0		
of which sugars (g)	1.6	0.2	0 %	90 g
of which starch (g)	14.1	2.0		
Fibre (g)	5.4	0.8		
Protein (g)	9.0	1.3		
Salt (g)	0.8	0.1	2 %	6 g

The above recipe contains: 12 servings

\*Reference intake of an average adult (2000kcal)

Each popcorn bite ( 14 g) contains:

Energy 19.0 kcal 1 %	Fat	Saturates	Sugars	Salt	KEY:
	0.8 g	0.1 g	0.2 g	0.1 g	LOW
	1 %	0 %	0 %	2 %	MEDIUM

of an adults reference intake

Typical values per 100g: 134.9 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	194.9	27.5
Calcium (mg)	57.4	8.1
Iron (mg)	1.2	0.2
Vit A (µg)	0.1	0.0
Vit D (µg)	0.0	0.0
Vit E (mg)	0.0	0.0
Vit K (µg)	0.0	0.0
Vit B6 (mg)	0.0	0.0
Vit B12 (mg)	0.2	0.0
Vit C (mg)	4.9	0.7
Folate (µg)	5.3	0.8

