NUTRITIONAL FACTS / Tabela Nutricional

Per / Por	100g	55g
Energy value / Energia	298 kcal / 1241 kJ	164 kcal / 683 kJ
Fat / Gordura	7.1 g	3.9 g
of which saturates / saturada	2.2 g	1.2 g
Carbohydrates / Hidratos de carbono	11.5 g	6.3 g
of which sugars / dos quais açucares	4.7 g	2.4 g
Fibre / Fibra Alimentar	27.7 g	15.3 g
Protein / Proteína	34.0 g	18.7 g
Salt / Sal	0.05 g	0.03 g