

NUTRITIONAL FACTS / Tabela Nutricional

Per / Por	100g	55g
Energy value / Energia	317 kcal / 1319 kJ	174 kcal / 725 kJ
Fat / Gordura	11.7 g	6.4 g
of which saturates / saturada	5.4 g	3.0 g
Carbohydrates / Hidratos de carbono	15.3 g	8.4 g
of which sugars / dos quais açúcares	1.7 g	0.9 g
Fibre / Fibra Alimentar	20.6 g	11.3 g
Protein / Proteína	32.5 g	18 g
Salt / Sal	0.11 g	0.06 g