



## Nutritional information

Cow & Gate Apple & orange rice cakes, Foods 7 months +

| Typical values                      | per 100g | per 8g portion <sup>1</sup> | Units |
|-------------------------------------|----------|-----------------------------|-------|
| <b>Energy</b>                       | 1649     | 132                         | kJ    |
|                                     | 389      | 31                          | kcal  |
| <b>Fat</b>                          | 1.2      | 0.1                         | g     |
| of which saturates                  | 0.5      | 0.04                        | g     |
| <b>Carbohydrate</b>                 | 87.5     | 7.0                         | g     |
| of which sugars                     | 14.1     | 1.1                         | g     |
| <b>Fibre</b>                        | 1.6      | 0.1                         | g     |
| <b>Protein</b>                      | 6.2      | 0.5                         | g     |
| <b>Salt*</b>                        | 0.03     | 0.002                       | g     |
| <b>Vitamins</b>                     |          |                             |       |
| Vitamin B <sub>1</sub><br>(Thiamin) | 0.5      | 0.04                        | mg    |

\*Contains naturally occurring salt.

<sup>1</sup>An 8g portion equals 5 rice cakes. This pack contains five 8g portions.