



Nutritional information

Cow & Gate Apple, kiwi & pineapple pots, Foods 4-6 months

Composition	Typical Values	Typical Values per 100g
Energy	220	kJ
	52	kcal
Fat	0.2	g
of which saturates	0.1	g
Carbohydrate	11.3	g
of which sugars*	9.1	g
Fibre	1.8	g
Protein	0.4	g
Salt	0.01	g
Vitamin C	16	mg
Vitamin C	64%	LRV†

*No added sugar. Contains naturally occurring sugars only.

**1 portion of fruit for a 1 yr old = 40-60g, infants will eat less.

†Labelling Reference Value for infants & young children.

