



Nutritional information

Cow & Gate Apple, pineapple with oats, Foods 6+ months

Composition	Typical values per 100g
Energy	380 kJ / 90 kcal
Fat	0.5 g
of which saturates	0.1 g
Carbohydrate	17.9 g
of which sugars*	12.2 g
Fibre	3.5 g
Protein	1.7 g
Salt	0.01 g
Vitamin C	20 mg
Vitamin C	80% LRV†

*Contains naturally occurring sugars.

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

†Labelling Reference Value for infants & young children.

