



Nutritional information

Cow & Gate mashed potato, beef & veggies with herbs, Foods 7 months +

Composition	Typical values per 100g	Per bowl (200g)	Units
Energy	273	546	kJ
	65	131	kcal
Fat	2.6	5.1	g
of which, saturates	0.7	1.4	g
Carbohydrate	6.5	13	g
of which, sugars**	1.4	2.8	g
Fibre	2.4	4.9	g
Protein	2.8	5.6	g
Salt**	0.09	0.17	g

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

**No added sugar. Contains naturally occurring sugars and salt only.