



**Nutritional information**  
Cow & Gate Banana Porridge,  
Foods 4-6 months+, 125g



Typical Values	Per 100g	Per 20g cereal with 80ml of water <sup>1</sup> (%LRV <sup>†</sup> )	Units
<b>Energy</b>	1790	358	kJ
	425	85	kcal
<b>Fat</b>	11.2	2.2	g
of which, saturates	4.6	0.9	g
<b>Carbohydrates</b>	64.5	12.9	g
of which, sugars*	30.0	6.0	g
<b>Fibre</b>	2.6	0.5	g
<b>Protein</b>	14.5	2.9	g
<b>Salt*</b>	0.28	0.06	g
<b>Vitamins</b>			
<b>Vitamin A</b>	428 µg	86 µg (22%)	
<b>Vitamin D<sub>3</sub></b>	6.0 µg	1.2 µg (12%)	
<b>Vitamin E</b>	6.7 mg TE	1.3 mg TE	
<b>Vitamin C</b>	56.0 mg	11.0 mg	
<b>Thiamin (B<sub>1</sub>)</b>	1.1 mg	0.23 mg	
<b>Vitamin B<sub>6</sub></b>	0.70 mg	0.14 mg	
<b>Biotin (B<sub>7</sub>)</b>	23.0 µg	4.6 µg	
<b>Minerals</b>			
<b>Calcium</b>	634 mg	127 mg (32%)	
<b>Iron</b>	7.9 mg	1.6 mg (27%)	
<b>Iodine</b>	128 µg	26 µg (37%)	

<sup>1</sup> 20g serving of cereal (approximately 2 ½ tablespoons) made with 80ml of water (approximately 5 tablespoons).

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

<sup>†</sup> Labelling Reference Value for infants and young children.