

4. Ingredients & Nutritional Information



Goodies Savoury

Dino Puffs Cheese & Onion

Average nutritional values	Per 100g	%NRV*	Per serving (12g) – Single Pack	%NRV*	Per serving – 1/3 Sharing Bag
Energy (kJ / kcal)	1958 / 468		235 / 56		196 / 47
Fat (g)	21		2.6		2.1
Of which saturates (g)	3.4		0.4		0.3
Carbohydrate (g)	52		6.3		5.2
Of which sugars (g)	4.2		0.5		<0.5
Fibre (g)	6.6		0.8		0.7
Protein (g)	13		1.6		1.3
Salt (g)	0.98		0.12		0.1

*% NRV = Percentage of Nutrient Reference Values

Ingredients

Wholegrain wheat flour 53.4%, corn 21.6%, sunflower oil 12%, cheese powder (milk) 9.1% (mature cheddar cheese (milk, microbial rennet, salt) 50%, skimmed milk powder 50%), onion powder 3%, yeast extract 0.5%, garlic powder 0.2%, salt 0.2%

