

# Nutrition Facts

Serving size: 1 packet

(30 g)

	RI*	30 g	100 g
<b>Energy</b>	<b>5%</b>	<b>109</b>	<b>362</b>
<b>Total fat</b>	4 %	3.1 g	10.2 g
Saturated fat	2 %	0.3 g	1 g
<b>Carbohydrates</b>	1 %	5.9 g	19.6 g
Sugars	0 %	0.9 g	2.9 g
<b>Dietary Fibre</b>	-	4.8 g	15.9 g
<b>Protein</b>	20 %	12 g	40 g
<b>Salt</b>	13 %	1.4 g	3.2 g

**Ingredients:** chips (**soy** protein concentrate, tapioca and potato starch, fibre (**soy**), salt, potato flakes, **soy** lecithin), natural paprika flavour (**gluten**), sunflower oil, **milk** protein, onion powder flavour.

**Net weight**

30 g

Store in cool, dry place.

**RI\* Reference Intake per serving.** The RIs for an adult are based on the requirements for an average person with no special dietary requirements and an assumed energy intake of 2000 kcal.

Do not exceed recommended daily dose.

Dietary supplements should not be used as a substitute for a balanced diet.

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**Protein**

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**Salt**

Ingredients: chips (soy protein concentrate, tapioca and potato starch, fibre (soy), salt, potato flakes, soy lecithin),

natural paprika flavour (gluten), sunflower oil, milk protein, onion powder flavour.

**Net weight**

Store in cool, dry place.

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**Do not exceed recommended daily dose.**

**Dietary supplements should not be used as a substitute for a balanced diet. Keep out of reach of children.**

Manufactured on equipment that processes egg, mustard and celery.

**BE KETO**