

## Durian

| <b>Average Values</b>         | <b>per 100g</b> | <b>per pack</b> |
|-------------------------------|-----------------|-----------------|
| <b>Energy (kJ)</b>            | <b>1794</b>     | <b>215.3</b>    |
| <b>Energy (kcal)</b>          | <b>429</b>      | <b>51.5</b>     |
| <b>Fat (g)</b>                | <b>8.2</b>      | <b>1.0</b>      |
| <b>of which saturates (g)</b> | <b>4.2</b>      | <b>0.5</b>      |
| <b>Carbohydrate (g)</b>       | <b>83.3</b>     | <b>10.0</b>     |
| <b>of which sugars (g)</b>    | <b>51.3</b>     | <b>6.2</b>      |
| <b>Fibre (g)</b>              | <b>6.0</b>      | <b>0.7</b>      |
| <b>Protein (g)</b>            | <b>5.6</b>      | <b>0.7</b>      |
| <b>Salt (g)</b>               | <b>0.4</b>      | <b>0.0</b>      |

\* Reference Intake for an average adult (8400kJ/2000kcal)