

BLOGGS CRUNCHY BAR

NUTRITION INFORMATION

		Per 100 g	Per 25 g bar			Per 100 g	Per 25 g bar
Energy	kJ	436	109	Vitamin B1	mg	1.4	0.35
Protein	g	7.6	1.9	Vitamin B2	mg	1.6	0.40
Carbohydrate	g	60.4	15.1	Vitamin B3	mg	18	4.50
Fat	g	18.4	4.6	Calcium	mg	800	200
Fibre	g	4.5	1.13				