

## NUTRITION INFORMATION

Typical Values	Per 100 g	% RI*	Per 30 g	% RI*
Energy	1,493 kJ 354 kcal	18 %	448 kJ 106 kcal	5 %
Fat	5.5 g	8 %	1.7 g	2 %
<i>of which Saturates</i>	1.4 g	7 %	0.4 g	2 %
Carbohydrate	3.5 g	1 %	1.1 g	0 %
<i>of which Sugars</i>	3.2 g	4 %	1.0 g	1 %
Fibre	5.0 g		1.5 g	
Protein	70 g	140 %	21 g	42 %
Salt	5.6 g	93 %	1.7 g	28 %
Vitamin B12	25 µg	1000 %	7.5 µg	300 %

\*Reference intake of an average adult (8,400 kJ/2,000 kcal)

## AMINO ACIDS

Typical Values	% Amino Acid Composition	Per 30 g serving
Aspartic Acid	11.78	2,433 mg
Serine	5.98	1,236 mg
Glutamic Acid	17.28	3,570 mg
Glycine	4.26	879 mg
Histidine	2.50	516 mg
Arginine	8.80	1,818 mg
Threonine	3.86	798 mg
Alanine	4.43	915 mg
Proline	4.33	894 mg
Cystine	1.00	207 mg
Tyrosine	3.73	771 mg
Valine	5.23	1,080 mg
Methionine	1.21	249 mg
Lysine	7.32	1,512 mg
Iso-Leucine	4.43	915 mg
Leucine	7.74	1,599 mg
Phenylalanine	5.18	1,071 mg
Tryptophan	0.94	195 mg