

RJ's Blue Lemonade & Cola Twister 180g

NUTRITION INFORMATION

Servings per Package: Approx. 4.5

Serving size: Approx. 4 pieces (40g)

	Ave Quantity per Serving		% Daily Intake* (per Serving)	Ave Quantity per 100g	
Energy	596	kJ	6.8%	1490	kJ
	142.4	Kcal		356	Kcal
Protein	1.2	g	2.5%	3.1	g
Carbohydrate	32.6	g	10.5%	81.6	g
of which - sugars	22.8	g	25.3%	57	g
Fat, total	Less than 1	g	0.6%	1.1	g
of which - saturated	Less than 1	g	0.5%	Less than 1	g
Dietary Fibre	Less than 1	g	0.9%	Less than 1	g
	0.00304	g	1.3%	0.0076	g
Sodium	30.4	mg		76	mg

*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

Get to know your %DIs EACH SERVING CONTAINS...

% DAILY INTAKE (%DI) PER SERVE

ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
596 kJ	1.2 g	< 1 g	< 1 g	32.6 g	22.8 g	30.4 mg
6.8%	2.5%	0.6%	0.5%	10.5%	25.3 %	1.3%

..... OF YOUR PERCENT DAILY INTAKE (%DI), To be enjoyed as part of a healthy lifestyle

Ingredients: cane sugar, invert sugar syrup, **wheat flour**, water, rice bran oil, acidity regulators (E296, E330, E331, E262), burnt sugar, flavours, salt, colour (E163)

Contains: Gluten from Wheat

Storage: To be stored in a cool and dry place below 21°C



RJ's uses GMO free ingredients and sustainably sourced Palm Kernel oil