

RJ's Raspberry Choc single log 40g

NUTRITION INFORMATION					
Servings per Package: 1					
Serving size: Approx. 1 piece (40g)					
	Ave Quantity per Serving		% Daily Intake* (per Serving)	Ave Quantity per 100g	
Energy	632	kJ	7%	1580	kJ
	151	Kcal		377	Kcal
Protein	1.3	g	3%	3.3	g
Carbohydrate	29.3	g	9%	73.3	g
- sugars	15.8	g	18%	39.5	g
Fat, total	2.8	g	4%	7.1	g
- saturated	2.5	g	10%	6.2	g
Dietary Fibre	0.6	g		1.6	g
Sodium	0.040	g	2%	0.100	g
	40	mg		100	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
632 kJ	1.3 g	2.8 g	2.5 g	29.3 g	15.8 g	40 mg
7%	3%	4%	10 %	9%	18%	2%

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

Ingredients: Raspberry Log: wheat flour, cane sugar, glucose syrup, water, humectant (E)422, rice bran oil, flavour, acidity regulators (E)330, (E)296, salt, liquorice extract, colour (E)129

Centre Filling: cane sugar, palm kernel oil, **why powder, skimmed milk powder, cocoa powder, emulsifier (**soy lecithin** & (E) 476), vanillin (vanilla), 4% cocoa solids, 23% milk solids**

Contains: Gluten, Soy, Liquorice Extract, Dairy Products



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