

Cottage Cheese And Mixed Berries

NUTRITION INFORMATION

Servings per package: 1

Serving size: 200g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	680kJ (163Cal)	340kJ (81Cal)
PROTEIN	16.6g	8.3g
FAT, TOTAL	5.9g	3.0g
- SATURATED	3.6g	1.8g
CARBOHYDRATE	8.8g	4.4g
- SUGARS	8.6g	4.3g
SODIUM	279mg	139mg

Ingredients: **Cottage Cheese**, Mixed Berries.

Contains Milk.