

# SG MY Dutch Chocolate Nutrimeal

## Nutrition Facts

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Serving Size: 1 pouch (60 g)

Servings per pouch: 1 (60 g)

	Per 100 g	Per Serving (60 g)
Energy/Calories	427 kcal (1793.4 kJ)	256 kcal (1075.2 kJ)
Total Carbohydrate	54.2 g	32.5 g
Dietary Fibre	13.7 g	8.2 g
Sugars	28.7 g	17.2 g
Protein	25 g	15 g
Fat	12.3 g	7.4 g
Monounsaturated Fatty Acids	9.2 g	5.5 g
Polyunsaturated Fatty Acids	1.2 g	0.7 g
Saturated Fatty Acids	1.7 g	1 g
Trans Fatty Acid	0.1 g	0.05 g
Cholesterol	0.7 mg	0.4 mg
Calcium	562.3 mg	337.4 mg
Sodium	696 mg	417.6 mg
Magnesium	178.7 mg	107.2 mg
Iron	10.8 mg	6.5 mg
Zinc	6.2 mg	3.7 mg
Vitamin E	5.3 mg	3.2 mg
Thiamin (Vitamin B1)	0.5 mg	0.3 mg
Vitamin C	17.2 mg	10.3 mg
Niacin	5.5 mg	3.3 mg
Riboflavin	0.8 mg	0.5 mg
Vitamin B6	0.7 mg	0.4 mg
Vitamin A	320 µg	192 µg
Vitamin D	4.2 µg	2.5 µg
Folic Acid	112.8 µg	67.7 µg
Vitamin B12	0.8 µg	0.5 µg

**Ingredients:** Protein Blend (Soy Protein Isolate, Whey Protein (Cow's Milk), Pea Powder), Crystalline Fructose, High Oleic Sunflower Oil, Natural Flavour, Dutched Cocoa, Maltodextrin, Soy, Powdered Cellulose, Arabic Gum, Oligofructose Powder, Potassium Phosphate, Prune Powder, Calcium Carbonate, Sodium Caseinate (A Milk Derivative), Cellulose Gum, Salt, Xanthan Gum, Inulin, Soy Lecithin, Silicon Dioxide, Natural Tocopherols, Magnesium Oxide, Zinc Gluconate, Ascorbic Acid (Vitamin C), Ferrous Fumarate, Potassium Iodide, D-Alpha Tocopheryl Acetate (Vitamin E), Niacinamide, Vitamin A Palmitate, Cholecalciferol (Vitamin D3), Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12).

This product contains permitted food conditioners and flavouring substances.

Contains stabilizer, anti-caking agents, emulsifiers, and thickener as permitted food conditioner and permitted flavouring substance.

**Contains:** Soybean and milk. Produced on equipment that also processes peanuts, tree nuts, eggs, wheat, sesame, and shellfish.

**†For our customers sensitive to gluten:** no gluten containing ingredients are used in this product. However, Dutch chocolate nutrimeal is produced in a facility that manufactures other foods that do contain gluten.

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