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| **Composition** | **Results** |  |
| Energy (kcal) | 494 kcal/100 g |  |
| Protein | 21.3 g/100 g |  |
| Carbohydrate (Total) | 36.8 g/100 g |  |
| Sugars (Total)\* | 0.9 g/100 g |  |
| Dietary Fibre (Total) | 8.7 g/100 g |  |
| Fat | 31.1 g/100 g |  |
| Fatty acids saturated | 4.2 g/100 g |  |
| Fatty acids monounsaturated | 8.2 g/100 g |  |
| Fatty acids polyunsaturated | 17.2 g/100 g |  |
| Fatty acids omega 3 | 4.6 g/100 g |  |
| Fatty acids omega 6 | 12.6 g/100 g |  |
| Fatty acids omega 9 | 8.1 g/100 g |  |
| Fatty acids ALA | 4.6 g/100 g |  |
| Fatty acids EPA | <0.1 g/100 g |  |
| Fatty acids DHA | <0.1 g/100 g |  |
| Moisture | 7.6 g/100 g |  |
| Ash | 3.29 g/100 g |  |

\*Total sugars are the sum of glucose, sucrose and fructose expressed as monosaccharides