

# Nutrition Information:

Servings per package: 25

Serving size: 1 cup or 230mL (prepared as 36g of dry powder and 200mL of water)

	Avg. quantity per 100g powder	Avg. quantity per serving	% RDI† (per serving)	Avg. quantity per 100mL prepared drink
Energy	1880 kJ (450 Kcal)	677 kJ (162 Kcal)		294 kJ (70 Kcal)
Protein	18 g	6.5 g		2.8 g
Fat, total	17.5 g	6.3 g		2.7 g
saturated	10.5 g	3.8 g		1.6 g
Carbohydrates	54.5 g	19.6 g		8.5 g
Sugars	39.2 g	14.1 g		6.1 g
Lactose	28 g	10.1 g		4.4 g
Dextrose	9.5 g	3.4 g		1.5 g
Maltose	1.7 g	0.6 g		0.3 g
Sucrose	0.0 g	0.0 g		0.0 g
Dietary Fibre	1.4 g	0.5 g		0.2 g
Sodium	293 mg	105 mg		46 mg
Potassium	971 mg	350 mg		152 mg
<b>Vitamins</b>				
Vitamin A	278 µg	100 µg	33%	44 µg
Vitamin B <sub>1</sub>	0.46 mg	0.2 mg	33%	0.1 mg
Vitamin B <sub>2</sub>	1.26 mg	0.5 mg	50%	0.2 mg
Niacin	4.6 mg	1.7 mg	33%	0.7 mg
Vitamin B <sub>6</sub>	0.65 mg	0.2 mg	33%	0.1 mg
Vitamin B <sub>12</sub>	1.4 µg	0.5 µg	50%	0.2 µg
Vitamin C	27.8 mg	10 mg	33%	4.4 mg
Vitamin D	5.4 µg	1.9 µg	39%	0.8 µg
Vitamin E	4.6 mg	1.7 mg	33%	0.7 mg
Folate	139 µg	50 µg	50%	22 µg
<b>Minerals</b>				
Calcium	667 mg	240 mg	34%	104 mg
Phosphorus	533 mg	192 mg	50%	83 mg
Magnesium	74.1 mg	27 mg	33%	12 mg
Iron	8.3 mg	3.0 mg	38%	1.3 mg
Zinc	3.1 mg	1.1 mg	25%	0.5 mg
Iodine	97.2 µg	35 µg	50%	15 µg

† Recommended Dietary Intake for children 1-3 years