



High Protein - Instant - Fortified - Lactose Free Maize Meal

INGREDIENTS

Pre-cooked maize, soya isolate, sucrose, maltodextrin, dextrose, vegetable fat, citric acid, tri calcium, phosphate, sodium chloride, fibre, sucralose, flavour, vitamins and minerals.

MIXING INSTRUCTIONS

Add warm water to 1 serving (50g) and mix to desired consistency.

NUTRITIONAL BREAKDOWN

NUTRIENTS	UNITS	PER 100G PORTION	PER 50G PORTION	%RDA BASED ON 100G
Energy	kJ	1507.1	753.55	-
Protein	g	13.4	6.7	-
Glycaemic Carbohydrate	g	69	34.5	-
of which total sugar	g	0	0	-
Total Fat	g	5.1	2.55	-
of which unsaturated fat	g	5.1	2.55	-
of which saturated fat	g	0	0	-
Dietary Fibre (AOAC 985.29)	g	3.3	1.65	-
Moisture	g	6.1	3.05	-
Vitamin A	mg	997.5 RE	498.8 RE	99.80
Vitamin D2	mg	5	2.50	100
Vitamin E	mg	9.80 TE	4.90 TE	99.80
Vitamin B1	mg	1.40	0.70	100
Vitamin B2	mg	1.59	0.80	100
Vitamin B6	mg	2	1	100
Vitamin B12	mg	1.01	0.51	101
Folic Acid	mg	0.20	0.10	100
Biotin	mg	0.11	0.06	110
Nicotinamide	mg	18	9	100
Acid	mg	5.99	3	99.80
Ascorbic Acid	mg	60	30	100
Iodine	mg	0.15	0.08	100
Iron	mg	13.97	6.66	99.8
Zinc	mg	14.97	7.49	100
Selenium	mg	0.21	0.11	100
Calcium	mg	412.5	206.3	-

ENERGY DISTRIBUTION:

Protein	14%
Carbohydrates	73%
Fat	13%

