

# Nutritional analysis

## Protein Pudding



	p.100g	RI*
Energetic value	1599 kJ 377 kcal	19%
Fat	3,2 g	4,5%
<i>of which saturated</i>	2,1 g	11%
Carbohydrates	8,6 g	3,3%
<i>of which sugars</i>	2,7 g	3,0%
Proteins	78 g	156%
Salt	2,3 g	38%

\*Reference intake of an average adult (8400 kJ/2000 kcal)