

## First Choice Modified Butter Spread

Typical Nutritional Information			
		Per 100g	Per 20g Serving
<b>Energy</b> Valor energetico	kJ	3064	613
<b>Protein</b> Proteinas	g	0.6	0.1
<b>Glycaemic Carbohydrates</b> Hidratos de Carboidratos glicemicos	g	2	<1
of which total sugar dos quais acucar totais	g	1.9	0.4
<b>Total Fat</b> Gorduras total	g	81.7	16.3
of which saturated fat dos quais Gordura saturada	g	46.6	9.9
trans fat Gordura trans	g	2.1	0.4
Monounsaturated fat Gordura mono-insaturadas	g	27.0	5.4
Polyunsaturated fat Gordura poli-insaturadas	g	5.0	1.0
<b>Cholesterol</b> Colesterol	mg	287	57
<b>Dietary Fibre<sup>#</sup></b> Fibras alimentares	g	<0.1	<0.1
<b>Total Sodium</b> Sodio Total	mg	354	71
* Analysis Method: AOAC 991.43 * Methodo de analise: AOAC 991.43			
Ingredients: Cream (Cow's Milk), Vegetable Oil (Canola Seed), Salt			
Allergens: Cow's Milk			