

## First Choice Full Cream Amasi

Typical Nutritional Information			
		Per 100ml	Per 250 ml Single Serving
<b>Energy</b> Valor energetico	kJ	238	595
<b>Protein</b> Proteinas	g	3.5	8.8
<b>Glycaemic Carbohydrates</b> Hidratos de Carboidratos glicemicos	g	3	8
of which total sugar dos quais acucar totais	g	3.2	8.0
of which total lactose dos quais lactose total	g	3.2	8.0
<b>Total Fat</b> Gorduras total	g	3.4	8.5
of which saturated fat dos quais Gordura saturada	g	2.3	5.8
trans fat Gordura trans	g	0.1	0.3
Monounsaturated fat Gordura mono-insaturadas	g	0.8	2.0
Polyunsaturated fat Gordura poli-insaturadas	g	0.1	0.3
<b>Cholesterol</b> Colesterol	mg	10	25
<b>Dietary Fibre<sup>#</sup></b> Fibras alimentares	g	<0.5	<1.3
<b>Total Sodium</b> Sodio Total	mg	46	115
<b>Calcium</b> Calcio	mg	104.0	260.0
*Analysis Method: AOAC 991.43 *Methodo de analise: AOAC 991.43			
Ingredients: Cow's Milk, Starter Cultures Ingredientes: Leite de vaca, Culturas Iniciais			
Product as packed. Contains: Cow's milk Produto como embalado. Contem. Leite de vaca.			