

	Per 100ml	Per 100ml as consumed**
Energy	434kJ 102kcal	7kJ 2kcal
Fat	0.0g	0g
of which saturates	0.0g	0g
Carbohydrate	10.0g	0.2g
of which sugars	5.1g	0.1g
Fibre	0.0g	0.0g
Protein	15.5g	0.2g
Salt	25.35g	0.40g

\*\*2.5ml seasoning + 100ml water