

Bio

SWEET CORN AND BEETROOT



Sweet Corn

ready-to-eat sweet corn on the cob



FORMAT:
2 Cobs/pack.

STORE:
At room temperature.

MOST IMPORTANT NUTRITIONAL DECLARATIONS:

- Low in saturated fat. A lower consumption of saturated fats contributes to maintenance of normal levels of blood cholesterol.
- Source of fiber.
- Low in salt. A lower consumption of sodium helps to maintain normal blood pressure.
- No added sugars.



NUTRITIONAL INFORMATION PER 100 G.

Energy: 456 kJ/109 kcal.

Fats: 2,8 g. of which 0,7 g. are saturated

Carbohydrates: 15 g. of which 7 g. are sugar

Protein: 3,2 g.

Dietary fiber: 5,5 g.

Salt: 0,04 g.