

PROTEIN BITES

Expanded oven baked protein flakes, coated in sour cream & onion flavour.

INGREDIENTS

Protein Blend (**Soya** Protein Isolate [**Sulphites**], Whey Protein Concentrate [**Milk**], Whey Protein Isolate [**Milk**]), Rice Flour, Sour Cream & Onion Flavour (Sugar, **Buttermilk** Powder, Whey Powder [**Milk**], Sea Salt, Sour Cream Powder [**Milk**], Red Onion Powder, Natural Flavourings, Citric Acid, Yeast Extract Powder, Dried Blueberries (Blueberries, Maize Starch, Sunflower Lecithin)), Oligofructose (from Chicory), Rapeseed Oil, Mineral Calcium Carbonate, Antioxidants: Vitamin E and Rosemary Extract.

ALLERGY ADVICE

For allergens, see ingredients in bold. Made in a factory which handles wheat, barley, oat, rye and egg. Packed in premises handling nuts and peanuts. May contain traces of gluten, egg, nuts and peanuts.

NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per pack
Energy	1540kJ	616kJ
	368kcal	147kcal
Fat	6.1g	2.5g
of which saturates	0.7g	0.3g
Carbohydrate	28.3g	11.0g
of which sugars	5.9g	2.4g
Fibre	2.7g	1.1g
Protein	50.4g	20.1g
Salt	2.9g	1.2g