

# PROTEIN BITES

Expanded oven baked protein flakes, coated in cheese & jalapeño relish flavour.

## INGREDIENTS

Protein Blend (**Soya** Protein Isolate [**Sulphites**], Whey Protein Concentrate [**Milk**], Whey Protein Isolate [**Milk**]), Rice Flour, Cheese & Jalapeño Relish Flavour (Cheese Powder [**Milk**], Rice Flour, Sugar, Onion Powder, Dried Bell Pepper, (Spices [Chilli, Cumin, Jalapeño Chilli], Spirit Vinegar Powder, Citric Acid, Tomato Powder, Yeast Extract Powder, Natural Flavourings, Salt, Herb [Parsley], Natural Colour: Paprika), 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
<b>Energy</b>	1557kJ 372kcal	623kJ <b>149kcal</b>
<b>Fat</b>	7.0g	<b>2.8g</b>
of which saturates	0.9g	0.4g
<b>Carbohydrate</b>	27.3g	<b>10.9g</b>
of which sugars	2.7g	1.1g
Fibre	3.0g	1.2g
<b>Protein</b>	50.2g	<b>20.1g</b>
Salt	2.0g	0.8g