

# PROTEIN BITES

Expanded oven baked protein flakes, coated in sea salt & black pepper flavour.

## INGREDIENTS

Protein Blend (**Soya** Protein Isolate [**Sulphites**], Whey Protein Concentrate [**Milk**], Whey Protein Isolate [**Milk**]), Rice Flour, Sea Salt & Black Pepper Flavour (Maltodextrin, Potato Starch, Sugar, Sea Salt, Yeast Extract Powder, Cracked Black Pepper, Ground Black Pepper, Black Pepper Extract, Natural Flavouring, Sunflower Oil), 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>	1534kJ 367kcal	614kJ <b>147kcal</b>
<b>Fat</b>	5.7g	<b>2.3g</b>
of which saturates	0.6g	0.2g
<b>Carbohydrate</b>	29.5g	<b>11.8g</b>
of which sugars	3.4g	1.4g
Fibre	2.6g	1.0g
<b>Protein</b>	50.0g	<b>20.0g</b>
Salt	3.1g	1.2g