



## Nutritional information

Cow & Gate Apple & banana pots, Foods 4-6 months

Composition	Typical values per 100g
Energy	257 kJ / 61 kcal
Fat	0.2g
of which saturates	0.1g
Carbohydrate	13.5g
of which sugars*	11.2g
Fibre	1.7g
Protein	0.5g
Salt	0.01g
Vitamin C	14.5mg
Vitamin C	58% LRV†

\*Contains naturally occurring sugars.

\*\*1 portion of fruit for a 1 yr old = 40-60g, infants will eat less.

†Labelling Reference Value for infants & young children.