



Nutritional information

Cow & Gate Apple & pear, Foods 4-6 months

Composition	Typical values per 100g
Energy	222 kJ / 53 kcal
Fat	0.1 g
of which saturates	0 g
Carbohydrate	11.6 g
of which sugars*	9.8 g
Fibre	2.0 g
Protein	0.4 g
Salt	0.01 g
Vitamin C	20 mg
Vitamin C	80% 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.