



Nutritional information

Cow & Gate Apple & strawberry with spelt, Foods 6+ months

| Composition | Typical values per 100g |
|--------------------|-------------------------|
| Energy | 335 kJ / 79 kcal |
| Fat | 0.3 g |
| of which saturates | 0.1 g |
| Carbohydrate | 16.3 g |
| of which sugars* | 11.7 g |
| Fibre | 3.1 g |
| Protein | 1.2 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