



Nutritional information

Cow & Gate Apple, apricot & strawberry pots, Foods 4-6 months

Composition	Typical values per 100g
Energy	214 kJ / 51 kcal
Fat	0.2g
of which saturates	0.1g
Carbohydrate	10.9g
of which sugars*	8.8g
Fibre	1.8g
Protein	0.4g
Salt	0.01g
Vitamin C	13.8mg
Vitamin C	55% 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.