



## Nutritional information

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

Composition	Typical Values	Typical Values per 100g
Energy	234	kJ
	55	kcal
Fat	0.2	g
of which saturates	0.1	g
Carbohydrate	11.8	g
of which sugars*	9.6	g
Fibre	2.3	g
Protein	0.5	g
Salt	0.01	g
Vitamin C	25	mg
Vitamin C	100%	LRV†

\*No added sugar. Contains naturally occurring sugars only.

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

†Labelling Reference Value for infants & young children.