



## Nutritional information

### Cow & Gate Multigrain porridge with buckwheat, Foods 6+ months

Nutrition Information	Typical values per 100g dry product	Per 45g cereal <sup>1</sup> (% LRV <sup>1</sup> )	Units
Energy	1847	831	kJ
Energy	438	197	kcal
Fat	12.6	5.7	g
of which saturates	5.1	2.3	g
Carbohydrate	66	29.7	g
of which sugars*	39	17.6	g
Fibre	1.9	0.9	g
Protein	14.3	6.4	g
Salt	0.23	0.1	
<b>Vitamins</b>			
Vitamin A	420	189 (47%)	µg-RE
Vitamin D <sub>3</sub>	6.0	2.7 (27%)	µg
Vitamin E	6.9	3.4	mg α-TE
Vitamin C	38.2	17.2 (69%)	mg
Thiamin (B <sub>1</sub> )	1.1	0.5 (94%)	mg
Biotin	21	9.5	µg
Vitamin B <sub>6</sub>	0.8	0.3 (49%)	mg
<b>Minerals</b>			
Calcium	520	234 (59%)	mg
Iron	6.7	3.0 (50%)	mg
Iodine	109	49 (70%)	µg

\*Naturally occurring sugars only. Contains naturally occurring sugar only.

<sup>1</sup>Based on a 45g serving of cereal (approximately 6 tablespoons) made with 150ml of water (approximately 9 tablespoons). There are approximately four 45g portions in this pack.

<sup>1</sup>Labelling Reference Value for infants & young children