



Nutritional information

Cow & Gate First Spoons Carrots, Foods 4-6 months+

Typical Values	Per 100g	Units
Energy	211	kJ
	50	kcal
Fat	0.50	g
Of which, saturates	0.07	g
Carbohydrates	5.5	g
Of which, sugars*	3.2	g
Fibre	4.3	g
Protein	3.8	g
Salt*	0.01	g

* No added sugar. Contains naturally occurring sugars and salt only.