



Simply Potato Slices

Nutritional Info

		Unrestricted	Unrestricted	3 days per week
NUTRITION INFORMATION		Per 100g Frozen	Per 100g Oven Baked	Per 100g Oven Baked with Sunflower Oil as directed
Energy	kJ	288	500	590
	kcal	68	118	140
Protein	g	1.6	2.9	2.8
Carbohydrate	g	15.2	26.4	25.6
of which sugars	g	0.5	1.3	0.7
Fat	g	0.1	0.1	2.9
of which saturates	g	<0.1	0.1	0.3
Fibre	g	2.1	3.9	4.0
Sodium	g	0.03	0.06	0.06
equivalent as salt	g	0.1	0.1	0.1
Vitamin A	µg	<20	<20	<20
Vitamin C	mg	0	5	3
Folic Acid	µg	20	<16	<16
Iron	mg	0.5	0.7	0.9
Zinc	mg	<0.5	<0.5	<0.5
Calcium	mg	15	27	38

Nutrient values declared with a '<' sign represent the minimum detectable analysis limits.