



Simply Potato Roasts

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	299	460	562
	kcal	70	108	132
Protein	g	1.8	2.8	2.6
Carbohydrate	g	15.6	24.1	28.4
of which sugars	g	0.1	0.4	0.1
Fat	g	0.1	0.1	1.0
of which saturates	g	<0.1	0.1	0.1
Fibre	g	1.8	3.3	3.3
Sodium	g	0.04	0.04	0.03
equivalent as salt	g	0.1	0.1	0.1
Vitamin A	µg	<20	<20	<20
Vitamin C	mg	4	1	1
Folic Acid	µg	<16	<16	<16
Iron	mg	<0.5	0.6	<0.5
Zinc	mg	<0.5	<0.5	<0.5
Calcium	mg	12	21	19

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