

# Puréed Broccoli

## Nutrition Information

Serving size: **50g (1 piece)**

Serving per package: **6**

**Per Serving**

**Per 100g**

<b>Energy</b>	16kcal	46kcal
<b>Protein</b>	0.8g	1.8g
<b>Total Fat</b>	0.2g	0.4g
Saturated Fat	0.0g	0.0g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	0mg	0mg
<b>Carbohydrate</b>	1.2g	2.6g
Total Sugar	1.1g	2.4g
Dietary Fibre	1.4g	3.0g
<b>Sodium</b>	37mg	82mg

# Puréed Pumpkin

## Nutrition Information

Serving size: **40g (1 piece)**

Serving per package: **6**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	22kcal	54kcal
<b>Protein</b>	0.5g	1.3g
<b>Total Fat</b>	0.2g	0.4g
Saturated Fat	0.0g	0.0g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	0mg	0mg
<b>Carbohydrate</b>	3.8g	9.5g
Total Sugar	1.4g	3.6g
Dietary Fibre	1.2g	3.0g
<b>Sodium</b>	39mg	98mg

# Puréed Carrot

## Nutrition Information

Serving size: **50g (1 piece)**

Serving per package: **6**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	33kcal	65kcal
<b>Protein</b>	0.6g	1.1g
<b>Total Fat</b>	0.2g	0.4g
Saturated Fat	0.0g	0.1g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	0mg	0mg
<b>Carbohydrate</b>	5.6g	11.1g
Total Sugar	0.2g	0.4g
Dietary Fibre	1.7g	3.4g
<b>Sodium</b>	66mg	131mg

# Puréed Spinach

## Nutrition Information

Serving size: **50g (1 piece)**

Serving per package: **6**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	26kcal	51kcal
<b>Protein</b>	1.0g	1.9g
<b>Total Fat</b>	0.6g	1.2g
Saturated Fat	0.1g	0.2g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	0mg	0mg
<b>Carbohydrate</b>	1.4g	2.7g
Total Sugar	0.1g	0.1g
Dietary Fibre	0.3g	0.6g
<b>Sodium</b>	75mg	149mg

# Puréed Cabbage & Carrot

## Nutrition Information

Serving size: **50g (1 piece)**

Serving per package: **6**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	23kcal	46kcal
<b>Protein</b>	0.5g	1.0g
<b>Total Fat</b>	0.6g	1.2g
Saturated Fat	0.1g	0.2g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	0mg	0mg
<b>Carbohydrate</b>	2.0g	3.9g
Total Sugar	1.1g	2.1g
Dietary Fibre	1.3g	2.5g
<b>Sodium</b>	82mg	163mg

# Puréed Radish & Carrot

## Nutrition Information

Serving size: **50g (1 piece)**

Serving per package: **6**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	26kcal	51kcal
<b>Protein</b>	0.4g	0.8g
<b>Total Fat</b>	0.6g	1.1g
Saturated Fat	0.1g	0.2g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	0mg	0mg
<b>Carbohydrate</b>	2.0g	4.1g
Total Sugar	1.4g	2.8g
Dietary Fibre	1.2g	2.4g
<b>Sodium</b>	81mg	161mg