

Puréed Broccoli

Nutrition Information

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

Serving per package: **6**

	Per Serving	Per 100g
Energy	16kcal	32kcal
Protein	0.8g	1.6g
Total Fat	0.2g	0.4g
Saturated Fat	0.0g	0.0g
Trans Fat	0.0g	0.0g
Cholesterol	0mg	0mg
Carbohydrate	1.2g	2.4g
Total Sugar	1.1g	2.2g
Dietary Fibre	1.4g	2.8g
Sodium	37mg	74mg

Puréed Pumpkin

Nutrition Information

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

Serving per package: **6**

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

Puréed Carrot

Nutrition Information

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

Serving per package: **6**

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

Puréed Spinach

Nutrition Information

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

Serving per package: **6**

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

Puréed Cabbage & Carrot

Nutrition Information

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

Serving per package: **6**

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