

# L4 Rice Porridge

## Nutrition Information

Serving size: **150g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	212kcal	141kcal
<b>Protein</b>	6.3g	4.2g
<b>Total Fat</b>	15.5g	10.4g
Saturated Fat	1.7g	1.1g
Trans Fat	0.3g	0.2g
<b>Cholesterol</b>	0.0mg	0.0mg
<b>Carbohydrate</b>	12.1g	8.1g
Total Sugar	0.1g	0.0g
Dietary Fibre	0.0g	0.0g
<b>Sodium</b>	175mg	117mg

# L5 Rice Porridge

## Nutrition Information

Serving size: **150g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	152kcal	101kcal
<b>Protein</b>	8.7g	5.8g
<b>Total Fat</b>	0.4g	0.2g
Saturated Fat	0.4g	0.2g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	0.0mg	0.0mg
<b>Carbohydrate</b>	28.1g	18.7g
Total Sugar	0.5g	0.3g
Dietary Fibre	0.4g	0.2g
<b>Sodium</b>	105mg	70mg

# L6 Rice Porridge

## Nutrition Information

Serving size: **150g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	202kcal	135kcal
<b>Protein</b>	9.7g	6.5g
<b>Total Fat</b>	0.5g	0.3g
Saturated Fat	0.5g	0.3g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	0.0mg	0.0mg
<b>Carbohydrate</b>	39.3g	26.2g
Total Sugar	0.6g	0.4g
Dietary Fibre	0.5g	0.3g
<b>Sodium</b>	144mg	96mg