

## Marmite Yeast Extract Spread Treat or Trick Personalised Halloween Jar 250g

### Nutrition

	Per 100g Unprepared	Per Serving Unprepared	%* per portion**
Energy (kJ)	1100 kJ	88 kJ	0.01
Energy (kcal)	260 kcal	21 kcal	0.01
Fat (g)	<0.5 g	<0.5 g	0.01
of which saturates (g)	<0.1 g	<0.1 g	0.01
Carbohydrate (g)	30 g	2.4 g	0.01
of which sugars (g)	1.2 g	<0.5 g	0.01
Protein (g)	34 g	2.7 g	0.05
Salt (g)	10.8 g	0.86 g	0.14
Thiamin (B1) (mg)	7.7 mg	0.62 mg	0.56
Riboflavin (B2) (mg)	6.8 mg	0.54 mg	0.39
Niacin (mg)	69 mg	5.5 mg	0.34
Folic Acid (µg)	1250 µg	100 µg	0.5
Vitamin B12 (µg)	24 µg	1.9 µg	0.76
*% of Reference intake of an average adult (8400 kJ / 2000 kcal)			
1 portion = 8 g. ( Pack contains 31 portions )			

### Calculated Nutrition

	Per 100g	Per Serving
Energy (kJ)	1100	88
Energy (kcal)	260	21
Fat (g)	<0.5	<0.5
of which saturates (g)	<0.1	<0.1
Carbohydrate (g)	30	2.4
of which sugars (g)	1.2	<0.5
Protein (g)	34	2.7
Salt (g)	10.8	0.86

Thiamin (B1) (mg)	7.7	0.62
Riboflavin (B2) (mg)	6.8	0.54
Niacin (mg)	69	5.5
Folic Acid ( $\mu\text{g}$ )	1250	100
Vitamin B12 ( $\mu\text{g}$ )	24	1.9