

PRODUCT SPECIFICATION



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Creamed Spinach

General Information

PRODUCER:	Ardo B.V.				
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Nutritional Information per 100 g (NEVO-table v.2016)

Average Nutritional Values						
	100g		200 g. Portion	RI* per Portion	Reference	
Energy	214 kJ		428 kJ	5,1 %	8400	
	52 kcal		103 kcal	5,2 %	2000	
Fat	3,1 g		6,2 g	8,9 %	70	
<i>of which saturated fat</i>	0,7 g		1,4 g	7,0 %	20	
<i>Mono unsaturated fat</i>	1,4 g		2,8 g			
<i>Poly unsaturated fat</i>	1,0 g		2,0 g			
Carbohydrates	3,0 g		6,0 g	2,3 %	260	
<i>of which sugars</i>	1,8 g		3,6 g	4,0 %	90	
<i>Polyols</i>	0,0 g		0,0			
<i>Starch</i>	1,3 g		2,6 g			
Fibre	2,2 g		4,4 g	17,6 %	25	
Protein	1,8 g		3,6 g	7,2 %	50	
Salt	0,78 g		1,56 g	26,00 %	6	
Source : NEVO-table			*Reference rate for an average adult (4800kJ-2000 kcal)			

Shelf Life

24 months from date of packing.
Product to be kept frozen at -18°C