

PROTEIN BITES

Expanded oven baked protein flakes, coated in sweet southern barbecue chicken flavour.

INGREDIENTS

Protein Blend (**Soya** Protein Isolate [**Sulphites**], Whey Protein Concentrate [**Milk**], Whey Protein Isolate [**Milk**]), Rice Flour, Sweet Southern Barbecue Chicken Flavour (Sugar, Salt, Onion Powder, Tomato Powder, Spirit Vinegar Powder, Natural Flavourings, Smoke Flavouring, Garlic Powder, Carob Flour, Spices (Dill Seed, Paprika, Fenugreek, Fennel), Citric Acid, Herbs [Sage, Thyme], Natural Colour: Paprika), Oligofructose (from Chicory), Rapeseed Oil, Mineral Calcium Carbonate, Antioxidants: Vitamin E and Rosemary Extract.

ALLERGY ADVICE

For allergens, see ingredients in bold. Made in a factory which handles wheat, barley, oat, rye and egg. Packed in premises handling nuts and peanuts. May contain traces of gluten, egg, nuts and peanuts.

NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per pack
Energy	1522kJ 364kcal	609kJ 146kcal
Fat	5.8g	2.3g
of which saturates	0.6g	0.2g
Carbohydrate	28.1g	11.2g
of which sugars	4.7g	1.9g
Fibre	2.7g	1.1g
Protein	50.0g	20.0g
Salt	2.9g	1.2g