



Nutritional information

Cow & Gate Apple, orange & banana pots, Foods 4-6 months

Composition	Typical values per 100g
Energy	304 kJ / 72 kcal
Fat	0.2g
of which saturates	0.1g
Carbohydrate	16g
of which sugars*	13.1g
Fibre	1.7g
Protein	0.7g
Salt	0.01g
Vitamin C	19.5mg
Vitamin C	78% LRV†

*Contains naturally occurring sugars.

**1 portion of fruit for a 1 yr old = 40-60g, infants will eat less.

†Labelling Reference Value for infants & young children.

