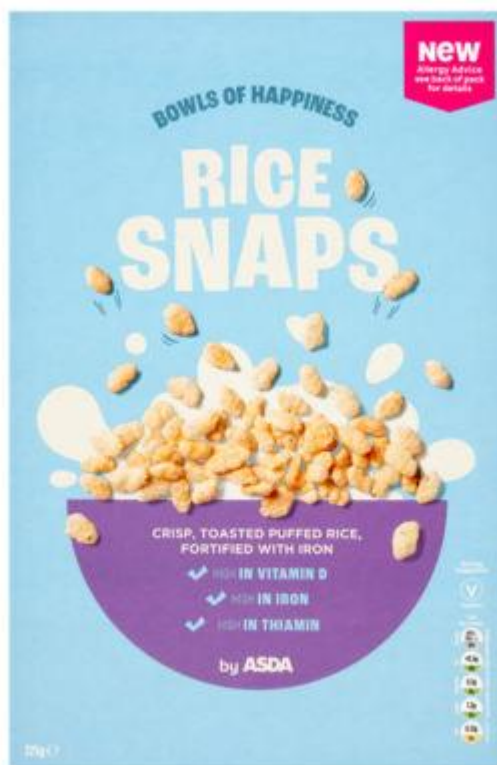




ASDA Rice Snaps 375g

Dietary and lifestyle

Allergy advice

Contains: **Barley**

May Contain: **Nuts, Rye, Oats, Soya, Wheat, Milk**

May also contain Nuts, Milk, Soya, Wheat, Rye, Oats and Spelt.

Lifestyle

Suitable for Vegetarians

Each 30g contains

Energy	116kcal 493kJ
6% Salt	0.12g
medium 2%	
Fat	g
low	

1%
Saturates
0.1g
low
1%
Sugars
1.2g
low
1%

of your RI†

Typical energy values per 100g: 1645kJ/387kcal

†RI = Reference Intake

Description

Net Content

375 Grams

Additives

Free From: Artificial Flavours

Free From: Artificial Colours

Ingredients

Crisped Rice (94%), Sugar, **Barley** Malt Extract, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Niacin (B3), Iron, Thiamin (B1), Pantothenic Acid (B5), Riboflavin (B2), Vitamin B6, Folic Acid (B9), Vitamin D3, Vitamin B12

Nutritional Values

Typical values per 100g Per 30g

Typical values	Per 100g	%RI†	Per 30g	%RI†	Per 30g serving with 125ml semi-skimmed milk
Energy kcal	387	116	175		
Energy kJ	1645	493	745		
Fat	1.0g	<0.5g	2.6g		
of which saturates	0.4g	0.1g	1.5g		
Carbohydrate	86g	26g	31.9g		
of which sugars	4.0g	1.2g	7.2g		
Fibre	1.2g	<0.5g	0.4g		
Protein	7.7g	2.3g	6.8g		
Salt	0.40g	0.12g	0.25g		

Typical values	Per 100g	%RI†	Per 30g	%RI†	Per 30g serving with 125ml semi-skimmed milk
Vitamin D	5.0µg	100%	1.5µg	30%	
Vitamins & minerals					
Vitamin B12	2.5µg	100%	0.75µg	30%	
Vitamin B6	1.4mg	100%	0.42mg	30%	
Niacin	16mg	100%	4.8mg	30%	
Pantothenic Acid	6.0mg	100%	1.8mg	30%	
†RI = Reference Intake					
Riboflavin	1.4mg	100%	0.42mg	30%	
Folic Acid	200µg	100%	60.0µg	30%	
Iron	14mg	100%	4.2mg	30%	
Thiamin	1.1mg	100%	0.33mg	30%	