

Product Information

Overview

Country:	South Africa
Category:	Spreads
Brand:	Flora [South Africa]
SKU:	Flora Regular (1kg; 500g; 250g)

Guide Daily Amount (GDA)%:

Energy	Sugars	Fat	Saturation	Sodium
Energy 483 kJ 6%	Sugar 0.0 g 0%	Fat 13 g 19%	Saturation 3.2 g 16%	Sodium 44.8 mg 2%

Nutritional Unit	Per 100g	Serving Size (Per 20.0 g)	Measurement Unit
Energy	2415	483	kJ
Protein	0.1	0.02	g
Carbohydrates	1	0.2	g
of which sugars	0.1	0.02	g
Total fat	65	13	g
of which saturated fatty acids	15.8	3.16	g
Dietary fibre	0.0	0	g
Sodium	224	44.8	mg
Vitamin A	675	135	
Vitamin D	11.00	2.2	
Vitamin E	11.30	2.26	
Vitamin B1	0.0	0	
Vitamin B2	0.0	0	
Vitamin B6	0.0	0	
Vitamin B12	0.0	0	
Niacin	0.0	0	
Folic Acid	0.0	0	