

Product Information

Overview

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

Guide Daily Amount (GDA)%:

Energy	Sugars	Fat	Saturation	Sodium
Energy 372 kJ 4%	Sugar 0.0 g 0%	Fat 10 g 14%	Saturation 2.4 g 12%	Sodium 67.8 mg 3%

Nutritional Unit	Per 100g	Serving Size (Per 20.0 g)	Measurement Unit
Energy	1858	371.6	kJ
Protein	0.3	0.06	g
Carbohydrates	0	0	g
of which sugars	0.0	0	g
Total fat	50	10	
of which saturated fatty acids	12.2	2.44	g
Dietary fibre	0.0	0	g
Sodium	339	67.8	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	