

Personalised Marmite – 250g jar

Ingredients

yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY)

Allergy Information

Contains: Celery, Cereals Containing Gluten

Storage

Do not refrigerate

Produce of

United Kingdom

Number of uses

1 portion = 8 g. (Pack contains 31 portions)

Net Contents

250g

Nutrition

Typical Values	Per 100g Unprepared	Per Serving Unprepared	*** per portion**
Energy (kJ)	1100 kJ	88 kJ	1%
Energy (kcal)	260 kcal	21 kcal	1%
Fat (g)	<0.5 g	<0.5 g	1%
of which saturates (g)	<0.1 g	<0.1 g	1%
Carbohydrate (g)	30 g	2.4 g	1%
of which sugars (g)	1.2 g	<0.5 g	1%
Protein (g)	34 g	2.7 g	5%
Salt (g)	10.8 g	0.86 g	14%
Thiamin (B1) (mg)	7.7 mg	0.62 mg	56%
Riboflavin (B2) (mg)	6.8 mg	0.54 mg	39%
Niacin (mg)	69 mg	5.5 mg	34%
Folic Acid (µg)	1250 µg	100 µg	50%
Vitamin B12 (µg)	24 µg	1.9 µg	76%
*% of Reference intake of an average adult (8400 kJ / 2000 kcal)	-	-	-
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