

Coco Pops® 6 x 1kg

Grains of puffed rice with cocoa

NUTRITION INFORMATION (AVERAGE)

Serving per package: 33
Serving size: 30 g (2/3 metric cup†)

	quantity per serving	% daily intake Δ per serving	quantity per 100g
Energy	490 kJ	6 %	1640 kJ
Protein	1.7 g	3 %	5.7 g
Fat, total	0.4 g	0.5 %	1.2 g
- saturated	0.1 g	0.4 %	0.3 g
Carbohydrate	26.2 g	8 %	87.4 g
- sugars	9.7 g	11 %	32.4 g
Dietary fibre	0.5 g	2 %	1.7 g
Sodium	99 mg	4 %	330 mg

		%RDI*	
Riboflavin (Vit B2)	0.42 mg	25 %	1.42 mg
Niacin	2.5 mg	25 %	8.3 mg
Vitamin B6	0.4 mg	25 %	1.3 mg
Folate	50 µg	25 %	166 µg
Calcium	80 mg	10 %	266 mg
Iron	3.0 mg	25 %	10.0 mg
Zinc	1.8 mg	15 %	6.0 mg

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

Δ Percentage daily intakes are based on an average adult diet of 8700 kJ.

* Percentage Recommended Dietary Intake (Aust/NZ)

Ingredients

Whole white rice (65%), sugar, cocoa (3%), minerals (calcium carbonate, iron, zinc oxide), salt, natural flavour, barley malt extract, vitamins (niacin, riboflavin, vitamin B6, folate).

Contains cereals containing gluten.

May contain traces of peanuts and/or tree nuts.

Health Star Rating: 2.0

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Allergen Information

Contains added sulphites (10mg/kg or more)	No
Contains cereals containing gluten	Yes
Contains crustacea and their products	No
Contains egg and egg products	No
Contains fish and fish products	No
Contains milk and milk products	No
Contains peanuts and peanut products	Trace
Contains soybeans and soybean products	No
Contains sesame seeds and sesame seed products	No
Contains tree nuts and tree nut products	Trace
Contains lupins	No

Please refer to ingredient statement for cross contact information

Country Of Origin Labelling

Made in Australia from at least 30% Australian ingredients.
30% Australian Ingredients (Bar Chart)

General Food Information

Shelf Life: 270 days

Storage and Use: Store in a cool dry place