



Nutritional Information

Red Pesto - with roasted red peppers

Nutrient	Per 100 g	Per 15 ml serving	%RDA per 15 ml serving*
Energy	1373 kJ	275 kJ	
Protein	6.86 g	1.37 g	2.45 %
Carbohydrate	23.45 g	4.69 g	
Total fat	20.81 g	4.16 g	
Total dietary fibre	5.23 g	1.05 g	
Sodium	990.66 mg	198.13 mg	<2400 mg per day**

*RDA = Recommended Dietary Allowance for people 10 years and older

**South African Prudent Dietary Goals