



## Nutritional Information

### Rocket Pesto - with walnuts

<b>Nutrient</b>	<b>Per 100 g</b>	<b>Per 15 ml serving</b>	<b>%RDA per 15 ml serving*</b>
<b>Energy</b>	1838 kJ	368 kJ	
<b>Protein</b>	8.28 g	1.66 g	2.96 %
<b>Carbohydrate</b>	2.78 g	0.56 g	
<b>Total fat</b>	44.09 g	8.82 g	
<b>Total dietary fibre</b>	1.56 g	0.31 g	
<b>Sodium</b>	774.32 mg	154.86 mg	<2400 mg per day**

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

\*\*South African Prudent Dietary Goals