



Nutritional Information

Greek Pesto - with feta & olives

Nutrient	Per 100 g	Per 15 ml serving	%RDA per 15 ml serving*
Energy	1665 kJ	333 kJ	
Protein	6.46 g	1.29 g	2.31%
Carbohydrate	3.28 g	0.66 g	
Total fat	39.98 g	7.99 g	
Total dietary fibre	1.66 g	0.33 g	
Sodium	936.89 mg	187.38 mg	<2400 mg per day**

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

**South African Prudent Dietary Goals