



Nutritional Information

Basil Pesto - the classic

Nutrient	Per 100 g	Per 15 ml serving	%RDA per 15 ml serving*
Energy	1922 kJ	384 kJ	
Protein	7.48 g	1.50 g	2.7%
Carbohydrate	3.18 g	0.64 g	
Total fat	46.95 g	9.39 g	
Total dietary fibre	1.21 g	0.24 g	
Sodium	685.60 mg	137.12 mg	<2400 mg per day**

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

**South African Prudent Dietary Goals