



Nutritional Information

Thai Pesto - with coriander & cashews

Nutrient	Per 100 g	Per 15 ml serving	%RDA per 15 ml serving*
Energy	1730 kJ	346 kJ	
Protein	7.24 g	1.45 g	2.59%
Carbohydrate	4.05 g	0.81 g	
Total fat	41.14 g	8.23 g	
Total dietary fibre	1.69 g	0.34 g	
Sodium	521.28 mg	104.26 mg	<2400 mg per day**

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

**South African Prudent Dietary Goals