



Wilbo's
BLENDS

INGREDIENTS & NUTRITIONAL DATA

Organic Spinach, Broccoli and
Sweet Potato Bake





INGREDIENTS

Apple Juice* 41% (water, apple juice concentrate*), water, oat drink* (water, oat*), spinach* 10%, olive oil*, broccoli* 7%, sweet potato* 3%, flaxseed* 2%, pumpkin seed* 1.5%, carrot fibre*.

*Organic ingredients

THIS MEAL IS

ORGANIC

NO ADDED SUGER OR SALT

NO ADDITIVES

GLUTEN FREE

DAIRY FREE

NUT FREE

NUTRITION

This pack contains 1 serving of 275g (266ml)

Nutrition:	Per 100g	Per 275g Pouch
Energy (kj)	444	1222
Energy (kcal)	107	294
Fat (g)	7.5	21
of which saturates (g)	0.9	2.6
Carbohydrate (g)	7.5	20.6
of which sugars (g)**	4.6	13
Fibre (g)	1.5	4.1
Protein (g)	1.6	4.4
Salt (g)	0.04	0.1
**Only naturally occuring sugars		

VITAMINS & MINERALS

All vitamin & mineral analysis is conducted via lab tests following the retort process. We do not rely on any open source data or pre-retort analysis.

Vitamin	Lab Analysis Organic Spinach, Broccoli and Sweet Potato Bake Per 100g	Lab Analysis Organic Spinach, Broccoli and Sweet Potato Bake Per 275g pouch
Vitamin A (retinol) (µg)	<21µg/100g	<21µg/100g
Vitamin B1 (thiamin) (mg)	<0,015mg/100g	<0,015mg/100g
Vitamin B2 (riboflavin) (mg)	0.0157	0.0432
Vitamin B3 (niacin) (mg)	<0,1 mg/100g	<0,1 mg/100g
Vitamin B5 (panthotenic acid) (mg)	0.043	0.118
Vitamin B6 (pyridoxin) (mg)	0.045	0.124
Vitamin B8 (biotin) (µg)	<1µg/100g	<1µg/100g
Vitamin B12 (cyanocobalamin) (µg)	0.0183	0.0503
Vitamin C (L ascorbic acid) (mg)	<0,5mg/100g	<0,5mg/100g
Vitamin D2 (ergocalciphérol) (µg)	-	-
Vitamin D3 (cholécalfciphérol) (µg)	<0,25µg/100g	<0,25µg/100g
Vitamin E (alfa-tocophérol) (mg)	1.17	3.22
Vitamin K1 (phytomenadion) (µg)	32.5	89.36
Vitamin M=B9 (folic acid) = folacin (µg)	<5µg/100g	<5µg/100g
Mineral	Lab Analysis Organic Spinach, Broccoli and Sweet Potato Bake Per 100g	Lab Analysis Organic Spinach, Broccoli and Sweet Potato Bake Per 275g pouch
Calcium (mg)	35.1	96.5
Chloride (mg)	20.18	55.50
Chromium (mg)	0.167	0.460
Fluoride (mg)	<0,015	<0,015
Phosphorus (mg)	43	118
Iron (mg)	1.47	4.04
Iodine (µg)	<0,05mg/kg	<0,05mg/kg
Potassium (mg)	170	467
Copper (mg)	0.102	0.281
Magnesium (mg)	23	63
Manganese (mg)	0.376	1.034
Molybdenum (µg)	<0,1 mg/kg	<0,1 mg/kg
Sodium (mg)	16	44
Sélenium (µg)	<0,20mg/kg	<0,20mg/kg
Zinc (mg)	0.46	1.27



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