

FORMULA 1 EXPRESS BARS DARK CHOCOLATE FLAVOURED



SKU: 4472

Ingredients:

soya crisps (24.2 %) (**soya** protein isolate, tapioca starch, salt), glucose syrup, chocolate couverture (12.5 %, cocoa solids minimum 56 %) (sugar, cocoa mass, cocoa butter, emulsifier (**soya** lecithin)), Promitor® fibre, **soya** granules (10.4 %), fructose, minerals mixture (calcium carbonate, potassium phosphate, potassium chloride, magnesium oxide, ferric pyrophosphate, zinc oxide, sodium selenite, manganese sulphate, cupric gluconate, potassium iodide), humectant (glycerol), maltodextrin, cocoa mass, rice crisps (2.1 %) (rice flour, rice syrup powder), chocolate chips (1.8 %, cocoa solids minimum 48 %) (sugar, cocoa mass, cocoa butter, emulsifier (**soya** lecithin), flavouring), fat reduced cocoa powder (cocoa butter: 10 % minimum), sunflower oil, flavourings, sodium chloride, vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), calcium D-pantothenate (Pantothenic acid), D-biotin (Biotin), cyanocobalamin (Vit. B12), cholecalciferol (Vit. D), pyridoxine hydrochloride (Vit. B6), thiamin mononitrate (Vit. B1), phyloquinone (Vit. K), riboflavin (Vit. B2), pteroylmonoglutamic acid (Folic acid)), flavourings, acidity regulator (citric acid).

Allergy advice: for allergens see ingredients in **bold**.

CONTAINS SOYA. MAY CONTAIN TRACES OF MILK, EGGS, GLUTEN, NUTS, PEANUTS AND SESAME SEEDS.

Typical Nutritional Information Serving Size: 1 bar (56 g) Servings per Carton: 7

	Per 100 g	Per 1 bar (56 g)	% NRV*
Energy	1547 kJ	866 kJ	**
Protein	24.1 g	13.5 g	24 %
Glycaemic Carbohydrate	37.7 g	21.1 g	**
of which: total sugar	15.1 g	8.5 g	**
Total Fat	11.5 g	6.4 g	**
of which:			
saturated fat	4.8 g	2.7 g	**
monounsaturated fat	3.0 g	1.7 g	**
polyunsaturated fat	2.1 g	1.2 g	**
Dietary Fibre***	11.7 g	6.6 g	**
Total Sodium	392 mg	220 mg	**
VITAMINS			
Biotin	27 µg	15 µg	50 %
Folic acid	134 µg	75 µg	19 %
Niacin	9.6 mg NE	5.4 mg NE	33 %
Pantothenic acid	3.2 mg	1.8 mg	36 %
Riboflavin	0.9 mg	0.5 mg	37 %
Thiamin	0.6 mg	0.3 mg	28 %
Vitamin A	614 µg RE	344 µg RE	38 %
Vitamin B6	0.8 mg	0.5 mg	26 %
Vitamin B12	2 µg	1 µg	47 %
Vitamin C	57.1 mg	32.0 mg	32 %
Vitamin D	3 µg	1 µg	10 %
Vitamin E	8.0 mg α-TE	4.5 mg α-TE	30 %
Vitamin K	45 µg	25 µg	21 %
MINERALS			
Calcium	651.8 mg	365.0 mg	28 %
Chromium	43 µg	24 µg	68 %
Copper	0.9 mg	0.5 mg	56 %
Iodine	80 µg	45 µg	30 %
Iron	11.8 mg	6.6 mg	37 %
Magnesium	241.1 mg	135.0 mg	32 %
Manganese	1.5 mg	0.9 mg	37 %
Molybdenum	55 µg	31 µg	69 %
Phosphorous	446.5 mg	250.0 mg	20 %
Potassium	941.1 mg	527.0 mg	**
Selenium	45 µg	25 µg	45 %
Zinc	7.0 mg	3.9 mg	36 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method

Formula 1 Express Bars, are a great on-the-go snack. Offering both great taste and convenience in one delicious bar, Formula 1 Express Bars contain a blend of protein, fibre, vitamins and minerals.

Formula 1 Express Bars contain a delicious combination of crispies and chocolate chips, dipped in chocolate and is only 866 kJ per bar.

KEY BENEFITS AND FEATURES

- Delicious and convenient snack
- Contains 25 vitamins and minerals
- High in Protein with 13.5 g per bar
- High in Fibre with 6.6 g per bar
- Contains Promitor® fibre
- Suitable for ovo-lacto vegetarians
- Artificial colourants free
- A delicious combination of crispies and chocolate chips, dipped in chocolate.
- Perfect for when you are on-the-go

USAGE

Formula 1 Express Bar(s) can be enjoyed anytime daily.