

BOKOMO PRODUCT DATA SHEET

Regular 1 Minute

ENDORSEMENTS

Kosher (Parev)

SIZES

1000g

CLAIMS

Quick and easy to prepare

ALLERGENS

Nuts

INGREDIENTS

Grain Sorghum, Salt

NUTRITIONAL INFORMATION

	Typical Value per 100g	Typical Value per Serving (40g)
Energy	1506g	602.4kj
Carbohydrates	67g	26.8g
Protein	9.4g - %RDA 17% per serving	3.76g
Total Fat	3.4g	1.36g
Saturated Fat	0.5g	0.2g
Polyunsaturated Fat	1.7g	0.68g
Monounsaturated Fat	1.2	0.48g
Sodium	392mg	156.8mg
Potassium	311mg	124.4mg
Fibre	10.2g	4.08g

Nutrients	%RDA per serving
Iron	38%
Calcium	3%
Magnesium	42%
Zinc	6%