

Christmas Pudding Nutrition Facts

Amount Per Serving (100g)	
Calories	288.4
Total Fat	8.3 g
Saturated Fat	4.3 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	2.7 g
Cholesterol	47.0 mg
Sodium	27.2 mg
Potassium	333.0 mg
Total Carbohydrate	57.4 g
Dietary Fiber	2.0 g
Sugars	40.6 g
Protein	3.5 g
Vitamin A	5.9 %
Vitamin B-12	1.3 %
Vitamin B-6	5.0 %
Vitamin C	7.7 %
Vitamin D	0.9 %
Vitamin E	4.5 %
Calcium	4.5 %
Copper	8.5 %
Folate	1.5 %
Iron	6.6 %
Magnesium	5.3 %
Manganese	10.1 %
Niacin	1.8 %
Pantothenic Acid	1.3 %
Phosphorus	6.0 %
Riboflavin	4.9 %
Selenium	4.2 %
Thiamin	4.2 %
Zinc	1.6 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.