

# Nutritional Information - Gelati

ALLERGY INFO / FACTS AND FIGURES		Average Quantity Per Serving									Average Quantity Per 100 g							Contains these allergens											
Category	Product Name	Serving Size	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites	Lupin
			Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)												
<b>GELATI</b>																													
Gelati	Sorbetto Limoncello*	122 g	690 kJ	164 Cal	0.1 g	2.6 g	0.9 g	34.9 g	33.5 g	43 mg	565 kJ	135 kJ	0.1 g	2.2 g	0.8 g	28.6 g	27.5 g	35 mg	NO	NO	MCT	MCT	NO	MCT	YES	MCT	MCT	NO	NO
	Sorbetto al Frutto della Passione **	122 g	720 kJ	171 Cal	1.9 g	0.3 g	0.2 g	33.3 g	23.3 g	13 mg	590 kJ	140 Cal	1.6 g	0.3 g	0.1 g	27.3 g	19.1 g	10 mg	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	Gelato Fichi e Amaretti	122 g	1040 kJ	248 Cal	5.0 g	10.4 g	5.7 g	33.3 g	26.8 g	54 mg	855 kJ	211 Cal	4.1 g	8.6 g	4.7 g	27.3 g	21.9 g	44 mg	MCT	NO	YES	YES	NO	YES	MCT	NO	YES	NO	NO
	Sorbetto al Cocco*	122 g	971 kJ	231 Cal	0.7 g	6.5 g	6.2 g	41.6 g	38.0 g	13 mg	796 kJ	190 Cal	0.6 g	5.3 g	5.0 g	34.1 g	31.1 g	11 mg	NO	NO	NO	YES	NO	NO	MCT	NO	NO	NO	NO
	Gelato alla Nutella	122 g	1190 kJ	283 Cal	5.5 g	14.0 g	5.3 g	34.4 g	29.2 g	51 mg	973 kJ	232 Cal	4.5 g	11.5 g	4.4 g	28.2 g	23.9 g	42 mg	MCT	NO	NO	YES	NO	YES	YES	NO	YES	NO	NO
	Gelato di Caramello Salato	122 g	914 kJ	218 Cal	4.4 g	9.6 g	5.6 g	35.1 g	25.1 g	210 mg	750 kJ	179 Cal	3.6 g	7.9 g	4.6 g	28.8 g	20.6 g	172 mg	MCT	NO	NO	YES	NO	YES	YES	NO	YES	NO	NO
	Sorbetto Banana	122 g	574 kJ	137 Cal	1.1 g	0.2 g	0.0 g	30.5 g	20.4 g	1 mg	470 kJ	112 Cal	0.9 g	0.2 g	0.0 g	25 g	16.7 g	1 mg	MCT	NO	NO	YES	NO	NO	MCT	NO	NO	YES	NO
	Gelato Cioccolato	122 g	1070 kJ	255 Cal	5.5 g	10.9 g	7.1 g	33.6 g	29.5 g	66 mg	877 kJ	209 Cal	4.5 g	8.9 g	5.8 g	27.5 g	24.2 g	54 mg	MCT	NO	NO	YES	NO	YES	YES	NO	NO	NO	NO
	Gelato Coffee	122 g	942 kJ	224 Cal	4.4 g	9.2 g	6.0 g	30.9 g	27.9 g	58 mg	772 kJ	184 Cal	3.6 g	7.5 g	4.9 g	25.3 g	22.8 g	47 mg	MCT	NO	NO	YES	NO	YES	MCT	NO	NO	NO	NO
	Gelato Cookies & Cream	122 g	1100 kJ	262 Cal	4.6 g	12.8 g	6.4 g	32.5 g	25.9 g	53 mg	906 kJ	216 Cal	3.8 g	10.5 g	5.2 g	26.6 g	21.2 g	43 mg	YES	NO	YES	YES	NO	YES	YES	MCT	MCT	NO	NO
	Gelato Fragola	122 g	710 kJ	169 Cal	0.5 g	0.1 g	0.0 g	35.5 g	24.7 g	7 mg	582 kJ	139 Cal	0.4 g	0.1g	0.0 g	29.1 g	20.3 g	6 mg	MCT	NO	NO	YES	NO	NO	MCT	NO	NO	YES	NO
	Gelato Hazelnut	122 g	1060 kJ	252 Cal	5.1 g	11.9 g	5.7g	31.8 g	28.5 g	55 mg	874 kJ	208 Cal	4.2 g	9.8 g	4.7 g	26.1 g	23.4 g	45 mg	MCT	NO	NO	YES	NO	YES	MCT	NO	YES	NO	NO
	Sorbetto Limone*	122 g	663 kJ	158 Cal	0.2 g	0.0 g	0.0 g	38.3 g	25.2 g	2 mg	543 kJ	129 Cal	0.1 g	0.0 g	0.0 g	31.4 g	20.6 g	2mg	NO	NO	NO	YES	NO	NO	MCT	NO	NO	YES	NO
	Sorbetto Mango	122 g	690 kJ	164 Cal	0.6 g	0.1 g	0.0 g	38.8 g	25.7 g	1 mg	565 kJ	135 Cal	0.5 g	0.1g	0.0 g	31.8 g	21.1 g	1 mg	MCT	NO	NO	YES	NO	NO	MCT	NO	NO	YES	NO
	Gelato di Menta e Cioccolato	122 g	1030 kJ	245 Cal	4.0 g	9.9 g	6.7 g	35.6 g	31.5 g	57 mg	843 kJ	201 Cal	3.3 g	8.1 g	5.5 g	29.2 g	25.8 g	47 mg	MCT	NO	NO	YES	NO	YES	YES	NO	NO	NO	NO
	Gelato Pistachio	122 g	1190 kJ	283 Cal	6.5 g	15.7g	5.6 g	28.5 g	23.9 g	53 mg	975 kJ	232 Cal	5.3 g	12.8 g	4.6 g	23.4 g	19.6 g	44 mg	MCT	NO	NO	YES	NO	YES	YES	NO	YES	NO	NO
	Gelato di Mandorla Tostate	122 g	1120 kJ	267 Cal	5.1 g	14.0 g	6.5 g	30.4 g	26.4 g	55 mg	915 kJ	218 Cal	4.2 g	11.5 g	5.3 g	24.9 g	21.6 g	45 mg	YES	NO	NO	YES	NO	YES	YES	NO	YES	NO	NO
	Gelato Vaniglia	122 g	1020 kJ	243 Cal	5.5 g	12.5 g	7.3 g	27.6 g	25.0 g	58 mg	839 kJ	200 Cal	4.5 g	10.2 g	6.0 g	22.6 g	20.5 g	48 mg	MCT	NO	YES	YES	NO	YES	MCT	NO	NO	NO	NO

Items marked with a \* are made from gluten free ingredients    Items marked with a \*\* are made from dairy free ingredients    MCT = MAY CONTAIN TRACES

As our products are made by hand, slight nutritional variances may occur as the above values are based on our standard recipes and ingredient formulations from our suppliers. Also due to seasonal changes, slight alterations to recipes and changes to suppliers we may update this information from time to time. Updated 25/05/18