

<b>Nutritional Information (Quantity (Approx.) Per 100g)</b>	<b>Salted</b>	<b>Jalapeno</b>	<b>Tomato</b>	<b>Cheese</b>		<b>Salted</b>		
<b>Energy (kcal)</b>	472	473	507	499		646		
<b>Protein (g)</b>	7	8	7	7		26		
<b>Carbohydrate (g)</b>	68	68	64	65		16		
<b>- Sugar (g)</b>	0	0	5	2.5		0		
<b>- Dietary Fibre (g)</b>	6	6	5	4		9		
<b>Fat (g)</b>	19	19	25	24		53		
<b>- Saturated Fatty Acids(g)</b>	7	7	11	11		10		
<b>- Mono Unsaturated Fatty Acids (g)</b>	8	9	10	9		31		
<b>- Poly Unsaturated Fatty Acids (g)</b>	4	3	4	4		11		
<b>- Trans Fatty Acid (g)</b>	0	0	0	0		0		
<b>Cholesterol (mg)</b>	0	0	0	0		0		
<b>Sodium (g)</b>	8	0.8	0.8	1.2		248.0		