



Very Lazy products - Nutritional information

	Energy (kJ)	Energy (kcal)	Protein	Carbohydrate	of which sugar	Total Fat	Saturated fat	Fibre	Sodium	Salt equiv.
Product										
Very Lazy Garlic 200g	416	98	6.1	16.7	2	0.8	0.3	7.4	Trace	Trace
Very Lazy Red Chillies 190g	217	52	4.3	2.5	1.9	2.7	0.7	13.2	Trace	Trace
Very Lazy Ginger 190g	221	52	0.7	10.9	0.3	0.8	0.3	0.8	Trace	Trace
Very Lazy Garlic Paste 120g	562	134	4.9	11.3	1.2	7.7	0.7	2.7	0.5	1.25
Very Lazy Ginger Paste 110g	438	105	0.7	7.4	2.7	8.1	0.8	2.2	0.2	0.50
Very Lazy Hot Chilli Paste 115g	283	67	2	6.7	2.8	3.7	0.6	5.2	0.4	1.00