

Golden Wonder Nutrition Information

Golden Wonder Crisps 34.5g Range

	Golden Wonder Cheese & Onion Crisps 34.5g		Golden Wonder Salt & Vinegar Crisps 34.5g		Golden Wonder Ready Salted Crisps 34.5g		Golden Wonder Prawn Cocktail Crisps 34.5g		Golden Wonder Tomato Ketchup Crisps 34.5g	
	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag
Bag Size	-	34.5g	-	34.5g	-	34.5g	-	34.5g	-	34.5g
Energy	2155kJ	743kJ	2127kJ	734kJ	2180kJ	752kJ	2154kJ	746kJ	2152kJ	742kJ
	516kcal	178kcal	510kcal	176kcal	523kcal	180kcal	516kcal	179kcal	516kcal	178kcal
Protein	5.8g	2.0g	4.8g	1.7g	5.0g	1.7g	5.6g	1.9g	5.2g	1.8g
Carbohydrate	52.4g	18.1g	52.6g	18.1g	52.5g	18.1g	53.4g	18.7g	53.7g	18.5g
Of which sugars	2.5g	0.9g	0.7g	0.2g	0.7g	0.2g	3.8g	1.3g	2.5g	0.9g
Fat	31.5g	10.9g	31.1g	10.7g	32.5g	11.2g	31.1g	10.7g	31.1g	10.7g
Of which saturates	3.7g	1.3g	3.8g	1.3g	3.9g	1.3g	3.7g	1.3g	3.7g	1.3g
Fibre	3.8g	1.3g	3.6g	1.2g	3.7g	1.3g	3.7g	1.2g	3.6g	1.2g
Sodium	0.8g	0.3g	1.5g	0.5g	0.8g	0.3g	0.6g	0.2g	0.8g	0.3g
Salt Equivalent	2.0g	0.7g	3.8g	1.3g	2.0g	0.7g	1.5g	0.5g	2.0g	0.7g

	Golden Wonder Pickled Onion Crisps 34.5g		Golden Wonder Roast Chicken Crisps 34.5g		Golden Wonder Sausage & Tomato Crisps 34.5g		Golden Wonder Smokey Bacon Crisps 34.5g		Golden Wonder Spring Onion Crisps 34.5g	
	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag
Bag Size	-	34.5g	-	34.5g	-	34.5g	-	34.5g	-	34.5g
Energy	2149kJ	741kJ	2150kJ	742kJ	2157kJ	744kJ	2154kJ	743kJ	2147kJ	741kJ
	515kcal	178kcal	515kcal	178kcal	517kcal	178kcal	516kcal	178kcal	514kcal	177kcal
Protein	5.1g	1.8g	5.6g	1.9g	5.6g	1.9g	5.6g	1.9g	5.2g	1.8g
Carbohydrate	53.6g	18.5g	53.2g	18.4g	53.6g	18.5g	53.4g	18.4g	53.4g	18.4g
Of which sugars	1.4g	0.5g	3.0g	1.0g	3.1g	1.1g	2.2g	0.8g	3.8g	1.3g
Fat	31.1g	10.7g	31.1g	10.7g	31.1g	10.7g	31.1g	10.7g	31.1g	10.7g
Of which saturates	3.7g	1.3g	3.7g	1.3g	3.7g	1.3g	3.7g	1.3g	3.7g	1.3g
Fibre	3.8g	1.3g	3.8g	1.3g	3.7g	1.3g	3.7g	1.3g	3.8g	1.3g
Sodium	0.8g	0.3g	0.9g	0.3g	0.8g	0.3g	0.8g	0.3g	0.8g	0.3g
Salt Equivalent	2.0g	0.7g	2.2g	0.7g	1.9g	0.7g	1.9g	0.7g	1.9g	0.7g

Golden Wonder Crisps 25g Range

	Golden Wonder Cheese & Onion Crisps 25g		Golden Wonder Salt & Vinegar Crisps 25g		Golden Wonder Ready Salted Crisps 25g		Golden Wonder Tomato Ketchup Crisps 25g		Golden Wonder Pickled Onion Crisps 25g	
	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag
Bag Size	-	25g	-	25g	-	25g	-	25g	-	25g
Energy	2155kJ	539kJ	2127kJ	742kJ	2180kJ	545kJ	2152kJ	538kJ	2149kJ	537kJ
	516kcal	126kcal	532kcal	127kcal	523kcal	131kcal	516kcal	129kcal	515kcal	129kcal
Protein	5.8g	1.5g	4.8g	1.2g	5.0g	1.3g	5.2g	1.3g	5.1g	1.3g
Carbohydrate	52.4g	13.1g	52.6g	13.2g	52.5g	13.1g	53.7g	13.4g	53.6g	13.4g
Of which sugars	2.5g	0.6g	0.7g	0.2g	0.7g	0.2g	2.5g	0.6g	1.4g	0.4g
Fat	31.5g	7.9g	31.1g	7.8g	32.5g	8.1g	31.1g	7.8g	31.1g	7.8g
Of which saturates	3.7g	0.9g	3.8g	1.0g	3.9g	1.0g	3.7g	0.9g	3.7g	0.9g
Fibre	3.8g	1.0g	3.6g	0.9g	3.7g	0.9g	3.6g	0.9g	3.8g	0.9g
Sodium	0.8g	0.2g	1.5g	0.4g	0.8g	0.2g	0.8g	0.2g	0.8g	0.2g
Salt Equivalent	2.0g	0.5g	3.8g	1.0g	2.0g	0.5g	2.0g	0.5g	2.0g	0.5g

	Golden Wonder Smokey Bacon Crisps 25g		Golden Wonder Roast Chicken Crisps 25g		Golden Wonder Sausage & Tomato Crisps 25g	
	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag
Bag Size	-	25g	-	25g	-	25g
Energy	2154kJ	532kJ	2150kJ	538kJ	2162kJ	541kJ
	516kcal	127kcal	515kcal	129kcal	518kcal	129kcal
Protein	5.6g	1.4g	5.6g	1.4g	5.8g	1.5g
Carbohydrate	53.4g	13.4g	53.2g	13.3g	53.7g	13.4g
Of which sugars	2.2g	0.6g	3.0g	0.8g	2.9g	0.7g
Fat	31.1g	7.8g	31.1g	7.8g	31.1g	7.8g
Of which saturates	3.7g	0.9g	3.7g	0.9g	3.7g	0.9g
Fibre	3.7g	0.9g	3.8g	1.0g	3.7g	0.9g
Sodium	0.8g	0.2g	0.9g	0.2g	0.8g	0.2g
Salt Equivalent	1.9g	0.5g	2.2g	0.5g	2.0g	0.5g

Golden Wonder Golden Lights Range

	Golden Wonder Golden Lights Sour Cream & Onion 21g		Golden Wonder Golden Lights Salt & Vinegar 21g		Golden Wonder Golden Lights Sea Salt 21g	
	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag
Bag Size	-	21g	-	21g	-	21g
Energy	1866kJ	393kJ	1858kJ	389kJ	1883kJ	395kJ
	444kcal	94kcal	443kcal	93kcal	449kcal	94kcal
Protein	5.0g	1.0g	4.5g	0.9g	4.5g	0.9g
Carbohydrate	64.7g	13.6g	65.2g	13.7g	64.9g	13.6g
Of which sugars	2.4g	0.5g	2.8g	0.6g	0.7g	0.2g
Fat	18.4g	3.9g	18.2g	3.8g	19.0g	4.0g
Of which saturates	2.2g	0.5g	2.2g	0.5g	2.3g	0.5g
Fibre	4.2g	0.9g	4.1g	0.9g	4.3g	0.9g
Sodium	1.0g	0.2g	1.1g	0.2g	0.8g	0.2g
Salt Equivalent	2.5g	0.5g	2.8g	0.5g	2.0g	0.5g

Golden Wonder Ringos Range

	Golden Wonder Ringos Pickled Onion		Golden Wonder Ringos Cheese & Onion		Golden Wonder Ringos Salt & Vinegar	
	Per 100g	Per bag	Per 100g	Per bag	Per 100g	Per bag
Energy	1841kJ	331kJ	1893kJ	340kJ	1846kJ	333kJ
	439kcal	79kcal	451kcal	81kcal	440kcal	79kcal
Protein	5.7g	1.0g	6.8g	1.2g	5.5g	1.0g
Carbohydrate	63.0g	11.3g	64.5g	11.6g	63.5g	11.4g
Of which sugars	2.8g	0.5g	3.5g	0.6g	1.4g	0.3g
Fat	18.2g	3.3g	18.4g	3.3g	18.2g	3.3g
Of which saturates	1.6g	0.3g	1.6g	0.3g	1.6g	0.3g
Fibre	2.8g	0.5g	3.2g	0.6g	2.8g	0.5g
Sodium	2.0g	0.4g	1.5g	0.3g	2.6g	0.5g
Salt Equivalent	5.0g	1.0g	4.0g	0.8g	5.2g	1.3g

Whilst every care has been taken to ensure that this information is correct, Golden Wonder products are constantly being reformulated and ingredient lists altered. We therefore recommend that you do not rely solely on the information presented here and that you always read the back of pack before consuming the product.

Although this information will be regularly updated, Golden Wonder is unable to accept any liability for any incorrect information.

GUIDELINE DAILY AMOUNTS

Each Day	Men	Women	Children 5-10
Calories	2500	2000	1800

Fat	95g	70g	70g
Saturates	30g	20g	20g
Sugar	120g	90g	85g
Fibre	24g	24g	15g
Salt	6g	6g	4g
Average values for adults and children, individual requirements may vary			