

Product Information Sheet



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PRODUCT: MALORA INSTANT PORRIDGE – VANILLA

PRODUCT BRIEF: Flavourful Vitamin and Mineral fortified instant maize porridge.

INGREDIENTS: Maize meal, Sugar, Creamer (Sugar, Vegetable fat (Palm fruit), Casienate, Emulsifiers, Anti caking.), Soya protein, Salt, Flavour, Vitamins & Minerals, Colour.

PACK SIZES: 10 x 1 kg
20 x 500 grams

MIXING RATIO: 500 g Instant Porridge to 2 Litre Boiling water.
(1:4)

VOLUME: 1 kg powder + 4 Litre water = 5 Litre porridge

KEY FEATURES - MALORA INSTANT PORRIDGE

Malora Instant Porridge was designed with the objective to deliver convenient cost effective essentially fortified instant porridge at consistent quality to our customers.

NB – Easy to use, consistent portion cost.

NB – Only add hot water.

NB – Essential Vitamins and Minerals.

PRODUCT APPLICATIONS

- **Elderly** – serve as soft smooth healthy mielie pap.
- **Leaner`s** – serve as a nutritious porridge.
- **General Health** – Use as a quick nutritious flavourful porridge.
- **Further enrichment** – add any type of fruit or milk to porridge for variety and further nutrition

Please visit our website for Recipes and Product Data Sheets if you require any further information

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		Per 100 g	Per 100 ml
		Powder	Serving
Energy	Kj	1593	398
Protein	g	11,0	2,8
Glycaemic Carbohydrates	g	79,7	19,9
Total Sugar	g	18,7	4,7
Fat	g	3,5	0,9
of which Saturated fat	g	1,7	0,9
of which Mono - unsaturated	g	1,0	0,5
of which Poly - unsaturated	g	0,2	0,1
of which Trans Fat	g	0,0	0,0
Dietary Fibre	mg	1,1	0,3
Total Sodium	mg	296,7	74,2
Vit A	I μ	1648,4	412,1
Vit B1 (Thiamine)	mg	0,8	0,2
Vit B2 (Riboflavin)	mg	0,8	0,2
Vit B3 (Niacinamide)	mg	8,9	2,2
Vit B5 (Panthothenic Acid)	mg	3,1	0,8
Vit B6 (Pyrodoxine)	mg	1,1	0,3
Vit B9 (Folic Acid)	μ g	126,0	31,5
Vit B12 (Colbalamin)	μ g	0,5	0,1
Vit C (Ascorbic Acid)	mg	33,8	8,4
Vit D (Cholecalciferol)	I μ	2,7	0,7
Vit E (Tocopherol)	mg	5,2	1,3
Vit H (Biotin)	μ g	49,5	12,4
All results calculated			