

ALMOND

FREE OF: Gluten, Wheat, Dairy, Egg.

No Sulphites No GMO, No Added Cane Sugar, No Artificial Colours, Flavours or Additives.

Source of Fibre, Source of Protein Low in Sodium, Vegetarian. Low GI.

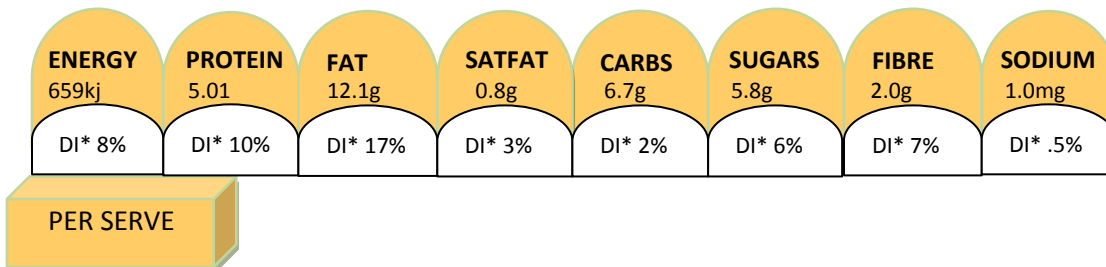
NUTRITION INFORMATION

Servings per package: 1

Serving size: 30g/ 1.06oz

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
ENERGY	659kJ (157Cal)	8%	2200kJ (524Cal)
PROTEIN	5.01g	10%	16.7g
FAT, TOTAL	12.1g	17%	40.3g
- SATURATED	0.8g	3%	2.7g
- TRANS	0.0g		0.0g
- POLYUNSATURATED	3.0g		10.0g
- MONOUNSATURATED	8.3g		27.6g
CHOLESTEROL	0.0mg		0.0mg
CARBOHYDRATE	6.7g	2%	22.4g
- SUGARS	5.8g	6%	19.2g
DIETARY FIBRE	2.0g	7%	6.7g
SODIUM	1.0mg	0.05%	4mg
POTASSIUM	170mg		568mg
MAGNESIUM	64.4mg (20%RDI)		215mg
PHOSPHORUS	103mg (10%RDI)		342mg
COPPER	0.3mg (ESD+10%)		0.9mg
RIBOFLAVIN	0.2mg (15%RDI)		0.8mg
VITAMIN E	3.0 mg (25%RDI)		10mg
GLUTEN	0.0mg		0.0mg
GLYCEMIC INDEX (GI) 32 (Low)			

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.



Ingredients: ^Almond (72%), ^Rice & Agave Syrup, ^Manuka Honey(3%).

^Certified Organic

Contains Tree Nuts.

May Contain Traces of Peanuts, Soy, Other Seeds.