

CRANBERRY FRUIT CHIA

FREE OF: Gluten, Wheat, Dairy, Egg.

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

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

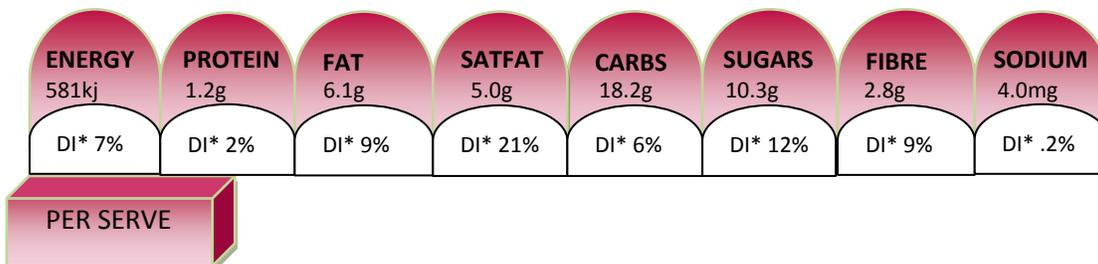
NUTRITION INFORMATION

Servings per package: 1

Serving size: 35g/1.23oz

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
ENERGY	581kJ (139Cal)	7%	1660kJ (397Cal)
PROTEIN	1.2g	2%	3.5g
FAT, TOTAL	6.1g	9%	17.5g
- SATURATED	5.0g	21%	14.2g
- TRANS	less than 0.1g		less than 0.1g
- POLYUNSATURATED	0.8g		2.4g
- MONOUNSATURATED	0.3g		0.9g
CHOLESTEROL	0.0mg		0.0mg
CARBOHYDRATE	18.2g	6%	52.0g
- SUGARS	10.3g	12%	31.1g
DIETARY FIBRE	2.8g	9%	7.9g
SODIUM	4.0mg	0.2%	11mg
POTASSIUM	123mg		352mg
MAGNESIUM	27.5mg (9%RDI)		78.5mg
PHOSPHORUS	63.5mg (6%RDI)		181mg
IRON	0.4mg (4%RDI)		1.3mg
ZINC	0.3mg (3%RDI)		1.0mg
SELENIUM	2.1ug (3%RDI)		5.9ug
GLUTEN	0.0mg		0.0mg

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: ^Dried Fruit (50%) (Coconut, Apple, Pear, Cranberry (7%) (sweetened with Apple Juice Concentrate, Sunflower Oil), ^Rice Syrup, ^Honey, Chia Seed (4%), ^Puffed Brown Rice, Chicory Extract (Inulin).

^Certified Organic

Contains Tree Nuts.

May Contain Traces of Peanuts, Soy, Other Seeds.