

MACADAMIA

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.

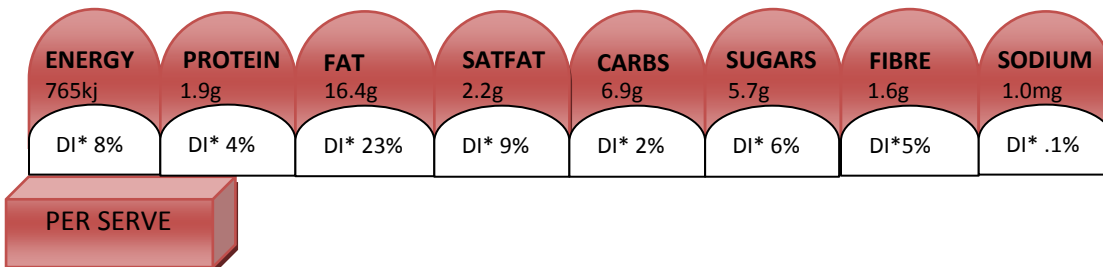
NUTRITION INFORMATION

Servings per package: 1

Serving size: 30g/ 1.06oz

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
ENERGY	765kJ (183Cal)	8%	2550kJ (609Cal)
PROTEIN	1.9g	4%	6.3g
FAT, TOTAL	16.4g	23%	54.8g
- SATURATED	2.2g	9%	7.4g
- TRANS	0.0g		0.0g
- POLYUNSATURATED	0.2g		0.6g
- MONOUNSATURATED	13.2g		44.1g
CHOLESTEROL	0.0mg		0.0mg
CARBOHYDRATE	6.9g	2%	23.1g
- SUGARS	5.7g	6%	19.1g
DIETARY FIBRE	1.6g	5%	5.2g
SODIUM	1.0mg	0.05%	3mg
POTASSIUM	85mg		283mg
MAGNESIUM	33.4mg (10%RDI*)		111mg
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: ^Macadamia (72%), ^Rice & Agave Syrup, Manuka Honey, Chicory Extract (Inulin).

^Certified Organic

Contains Tree Nuts. May Contain Traces of Peanuts, Soy, Sesame, Other Seeds.