

# MACADAMIA APRICOT CHIA

**FREE OF:** Gluten, Wheat, Dairy, Egg.

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

High in Fibre,  Low in Sodium,  Vegetarian. Low GI.

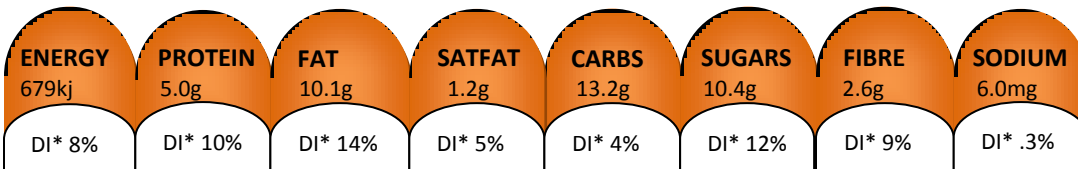
## NUTRITION INFORMATION

Servings per package: 1

Serving size: 35g/1.23oz

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
ENERGY	640kJ (153Cal)	7%	1830kJ (431Cal)
PROTEIN	2.0g	4%	5.7g
FAT, TOTAL	10.0g	14%	28.5g
- SATURATED	5.4g	22%	15.1g
- TRANS	less than 0.1g		less than 0.1g
- POLYUNSATURATED	0.5g		2.0g
- MONOUNSATURATED	3.8g		13.0g
CARBOHYDRATE	12.6g	4%	36.1g
- SUGARS	10.3g	11%	29.6g
DIETARY FIBRE	3.0g	10%	8.5g
SODIUM	4.0mg	0.2%	12mg
POTASSIUM	204mg		575mg
MAGNESIUM	33.6mg (11%RDI)		95.9mg
CALCIUM	24.9mg (3%RDI)		71.2mg
PHOSPHORUS	71.8mg (7%RDI)		205mg
IRON	0.8mg (7%RDI)		2.3mg
ZINC	0.4mg (3%RDI)		1.2mg
SELENIUM	2.3ug (3%RDI)		6.5ug
VITAMIN A	26.7ug (4%RDI)		76.3ug
NIACIN	0.4mg (4%RDI)		1.3mg
VITAMIN E	0.4mg (4%RDI)		1.0mg
GLUTEN	0.0mg		0.0mg
GLYCEMIC INDEX (GI) 48 (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.



PER SERVE

Ingredients: ^Rice Syrup, ^Coconut, ^Dried Apricot (19%), ^Rice Flour, ^Macadamia (16%), ^Honey, Chia Seed (4%)  
^Puffed Brown Rice, Chicory Extract (Inulin).

^Certified Organic

**Contains Tree Nuts.**

**May Contain Traces of Peanuts, Soy, Sesame, Other Seeds.**