

MIXED NUT

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

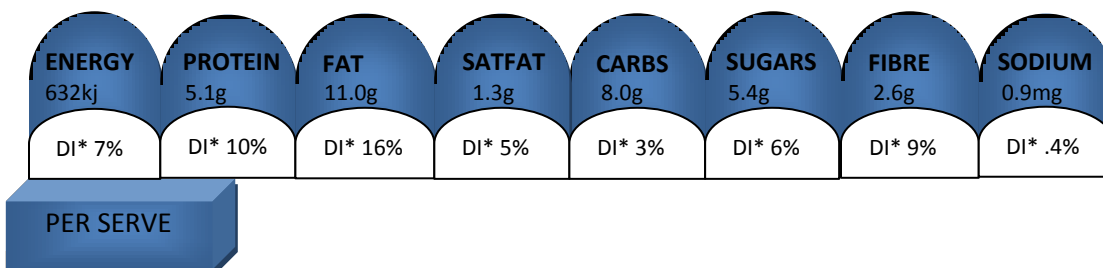
Servings per package: 1

Serving size: 30g/1.06oz

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
ENERGY	632kJ (151Cal)	7%	2110kJ (503Cal)
PROTEIN	5.1g	10%	17.1g
FAT, TOTAL	11.0g	16%	36.7g
- SATURATED	1.3g	5%	4.5g
- TRANS	0.0g		0.0g
- POLYUNSATURATED	3.9g		13.1g
- OMEGA -3 ALA^	434mg		1450mg
- MONOUNSATURATED	5.8g		19.1g
CHOLESTEROL	0.0mg		0.0mg
CARBOHYDRATE	8.0g	3%	26.0g
- SUGARS	5.4g	6%	18.0g
DIETARY FIBRE	2.6g	9%	8.5g
SODIUM	0.9mg	0.04%	3.0mg
POTASSIUM	133mg		442mg
MAGNESIUM	43.7mg (14%RDI)		145mg
PHOSPHORUS	96.8mg (10%RDI)		324mg
THIAMIN	0.1mg (13%RDI)		0.5mg
NIACIN	2.4mg (24%RDI)		8.1mg
VITAMIN E	2.0mg (20%RDI)		6.7mg
FOLATE**	39.9ug (20%RDI)		133ug
GLUTEN	0.0mg		0.0mg

GLYCEMIC INDEX (GI) 24 (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. **1 Serve provides women of child bearing age 10% of the RDI of Folate



Ingredients: ^Nuts (68%) (Peanut, Almond, Walnut, Macadamia), ^Rice & Agave Syrup, ^Flax Seed, ^Manuka Honey (3%), Chicory Extract (Inulin).

^Certified Organic

Contains Tree Nuts.

May Contain Traces of Soy, Sesame Other Seeds.