

# PEANUT

**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

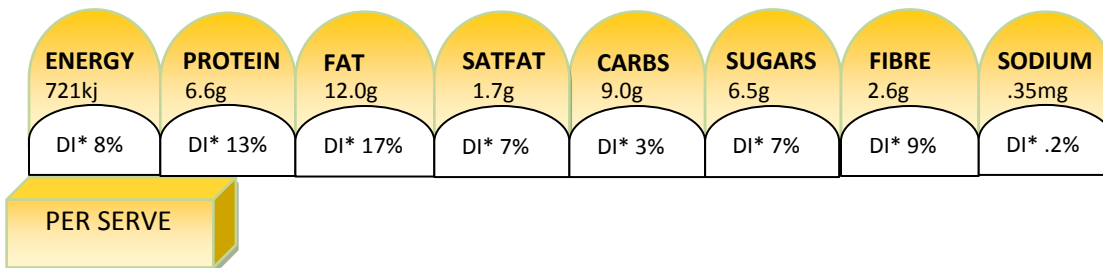
Serving size: 35g/ 1.23oz

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
ENERGY	721kJ (172Cal)	8%	2060kJ (492Cal)
PROTEIN	6.6g	13%	18.9g
FAT, TOTAL	12.0g	17%	34.4g
- SATURATED	1.7g	7%	5.0g
- TRANS	0.0g		0.0g
- POLYUNSATURATED	4.1g		11.9g
- MONOUNSATURATED	6.2g		17.5g
CHOLESTEROL	0.0mg		0.0mg
CARBOHYDRATE	9.0g	3%	25.7g
- SUGARS	6.5g	7%	18.6g
DIETARY FIBRE	2.6g	9%	7.4g
SODIUM	0.35mg	0.02%	1mg
POTASSIUM	153mg		438mg
MAGNESIUM	46.7mg (15%RDI*)		134mg
PHOSPHORUS	112mg (11%RDI*)		321mg
THIAMIN	0.2mg (18%RDI*)		0.6mg
NIACIN	2.5mg (25%RDI*)		7.2mg
VITAMIN E	2.4mg (24%RDI*)		7.0mg
FOLATE**	61.4ug (31%RDI*)		176ug
GLUTEN	0.0mg		0.0mg

GLYCEMIC INDEX (GI) 27 (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 15.5% of the RDI of Folate



Ingredients: ^Peanut (71%), ^Rice & Agave Syrup, ^Manuka Honey (3%), Chicory Extract (Inulin).

^Certified Organic

**Contains Peanuts.**

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