

WALNUT & FLAX SEED

FREE OF: Gluten, Wheat, Dairy, Egg.

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

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

NUTRITION INFORMATION

Servings per package: 1

Serving size: 40g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
ENERGY	875kJ (209Cal)	10%	2190kJ (522Cal)
PROTEIN	6.4g	13%	16.0g
FAT, TOTAL	16.2g	23%	40.4g
- SATURATED	1.7g	7%	4.2g
- TRANS	0.0g		0.0g
- POLYUNSATURATED	8.6g		21.6g
- OMEGA 3	1110mg		2760mg
- MONOUNSATURATED	5.1g		12.8g
CHOLESTEROL	0.0mg		0.0mg
CARBOHYDRATE	9.1g	3%	22.6g
- SUGARS	6.7g	7%	16.7g
DIETARY FIBRE	3.4g	11%	8.5g
SODIUM	6.0mg	0.3%	16mg
POTASSIUM	115mg		289mg
MAGNESIUM	62.5mg (25%RDI)		200mg
PHOSPHORUS	196mg (20%RDI)		490mg
IRON	1.3mg (11%RDI)		3.3mg
ZINC	1.3mg (11%RDI)		3.3mg
COPPER	0.6mg		1.5mg
THIAMIN	0.2mg (21%RDI)		0.6mg
NIACIN	1.1mg (11%RDI)		2.8mg
FOLATE**	29.8ug (15%RDI)		74.4ug
GLUTEN	0.0mg		0.0mg

GLYCEMIC INDEX (GI) 38 (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 7.5% of the RDI of Folate

ENERGY 875kj	PROTEIN 6.4g	FAT 16.2g	SATFAT 1.7g	CARBS 9.1g	SUGARS 6.7g	FIBRE 3.4g	SODIUM 6.0mg
DI*10%	DI* 13%	DI* 23%	DI* 7%	DI* 3%	DI* 7%	DI* 11%	DI* .3%

PER SERVE

Ingredients: ^Sesame, ^Rice Syrup, ^Pepitas, ^Raisin, ^Walnut (11%), ^Cranberry (6%) (sweetened with Apple Juice Concentrate, Sunflower Oil), ^Manuka Honey (3%), Chicory Extract (Inulin).

^Certified Organic

Contains Tree Nuts, Sesame, Other Seeds.

May Contain Traces of Peanuts, Soy.