



Berry & Mixed Nuts

NATURALLY GLUTEN & CHOLESTEROL FREE
SOURCE OF FIBRE
VERY LOW IN SODIUM

Typical Nutritional Information

Serving size: 30g (ready to eat)

Nutrient	per 100g	per serving 30g	%NRV** per serving
Energy (kJ)	1805	542	
Protein (g)	7.5	2.3	4
Glycaemic Carbohydrate (g) of which total sugar (g)	50 47.6	15 14.3	
Total Fat (g) of which saturated fat (g) Trans fat (g) Monounsaturated (g) Polyunsaturated (g)	23.7 3.5 0 16.3 4.0	7.1 1.1 0 4.9 1.2	
Cholesterol (mg)	0	0	
Dietary fibre* (g)	5.6	1.7	
Total Sodium (mg)	13	4	
Vitamin E (mg)	4.3	1.3	

* Dietary fibre determined as per AOAC 991.43 method

** Nutrient Reference values for individuals 4 years and older

Ingredients:

Cranberries 25% (sugar, sunflower oil), dry roasted cashew nuts, sundried seedless raisins (vegetable oil), golden sultanas (preservative: sulphur dioxide, vegetable oil), macadamia nuts, almonds 5%, cherries 5% (apple juice concentrate, sunflower oil), pecan nuts 5%.

Contains: tree nuts, ground nuts and sulphites



STORE IN A COOL DRY PLACE

PRODUCT PACKED IN CONVENIENTLY RE-SEALABLE PACK.

100g