



# Pineapple & Macadamia

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)	1952	586	
Protein (g)	7.5	2.3	4
Glycaemic Carbohydrate (g) of which total sugar (g)	28 28	8.4 8.4	
Total Fat (g) of which saturated fat (g) Trans fat (g) Monounsaturated (g) Polyunsaturated (g)	28 36 0 19.8 4.7	8.4 1.1 0 6 1.4	
Cholesterol (mg)	0	0	
Dietary fibre* (g)	4.2	1.3	
Total Sodium (mg)	40	12	
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 (sugar, sunflower oil), dry roasted cashew nuts 20%, macadamia nuts 15%, pineapple 15% (preservative: sulphur dioxide), almonds 10%, sundried seedless raisins (vegetable oil), golden sultanas (preservative: sulphur dioxide, vegetable oil).*

**Contains:** tree nuts, ground nuts and sulphites



**STORE IN A COOL DRY PLACE**

PRODUCT PACKED IN CONVENIENTLY RE-SEALABLE PACK.

**100g**