



Orange & Dark Choc

NATURALLY GLUTEN & CHOLESTEROL FREE
HIGH IN DIETARY 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)	1559	468	
Protein (g)	7.5	2.3	4
Glycaemic Carbohydrate (g) of which total sugar (g)	44.2 44.1	13 13.2	
Total Fat (g) of which saturated fat (g) Trans fat (g) Monounsaturated (g) Polyunsaturated (g)	19.5 4.5 0 11.7 3.3	5.9 1.4 0 3.5 1	
Cholesterol (mg)	0	0	
Dietary fibre* (g)	14.2	4.3	
Total Sodium (mg)	18	5	
Vitamin E (mg)	5.4	1.6	

* Dietary fibre determined as per AOAC 991.43 method

** Nutrient Reference values for individuals 4 years and older

Ingredients:

Dry roasted cashew nuts, sundried seedless raisins (vegetable oil), golden sultanas (preservative: sulphur dioxide, vegetable oil), cranberries (sugar, vegetable oil), chocolate drops 10% (sugar, chocolate liquor, anhydrous milk fat, cocoa butter, soy lecithin (an emulsifier), natural flavour, salt), dried apricot 10% (heat stable rice flour, preservative: sulphur dioxide), almonds, hazelnuts 5%, orange peel 5% (glucose-fructose syrup, sugar, acidity regulator (citric acid)).

Contains: tree nuts, ground nuts, sulphites, milk and soy



STORE IN A COOL DRY PLACE

PRODUCT PACKED IN CONVENIENTLY RE-SEALABLE PACK.

100g