



always good - always healthy!



Seeds & Fruit

Nutrition Information		
Servings per package:	20.00	
Serving size:	50.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	772 kJ	1540 kJ
Protein	8.1 g	16.1 g
Fat, total	12.8 g	25.6 g
- saturated	1.6 g	3.2 g
Carbohydrate	13.6 g	27.2 g
- sugars	1.2 g	2.5 g
Sodium	6 mg	12 mg

