



always good - always healthy!



Seeds, Weed & Fruit

Nutrition Information



Servings per package: 20.00
 Serving size: 50.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	888 kJ	1780 kJ
Protein	9.5 g	19.1 g
Fat, total	15.0 g	30.0 g
- saturated	1.7 g	3.5 g
Carbohydrate	16.1 g	32.2 g
- sugars	2.8 g	5.5 g
Sodium	5 mg	11 mg