

#### OUR ORGANIC PINEAPPLE

Handpicked and frozen on the day of harvest to capture all that goodness, our organic frozen fruit is a simple and sustainable way to add a little taste of sunshine to your day. We take time to carefully select and prepare the best, tastiest varieties so you can enjoy at home with no faff and zero waste.



FIND OUT WHY OUR  
PINEAPPLE IS SO DELICIOUS



packd.co.uk



# PACK'D

## SUPER NUTRITION MADE SIMPLE

#### HOW TO USE

Perfect for blending, baking, snacking and adding to porridge, yogurt, cereal and desserts - simply defrost for 30 minutes. For smoothies and smoothie bowls blend from frozen.

#### INGREDIENTS

Organic Pineapple (100%).

NUTRITION Typical Values	Per 100g	RI%*	Per 50g*	
			RI%*	RI%*
Energy (kJ/kcal)	210/50	2%	105/25	1%
Fat (g)	0	0%	0	0%
of which saturates (g)	0	0%	0	0%
Carbohydrates (g)	11.1	4%	5.6	2%
of which sugars (g)	11.1	12%	5.6	6%
Fibre (g)	1.2		0.6	
Protein (g)	0.5	1%	<0.5	1%
Salt (g)	0	0%	0	0%
Vitamin C (mg)	53	88%	27	33%
Manganese (mg)	1.5	74%	0.8	37%

\*Reference intake of an average adult (8400kJ/2000kcal).

\*1 portion = 50g. Pack contains 5 portions.

#### JOIN THE PACK

@PACKDGO @PACKDGO

HELLO@PACKD.CO.UK

PACKD.CO.UK for tasty recipes

Storage: Keep frozen -18°C.

Once defrosted do not refreeze.

Packed in the UK for PACK'D Ltd.

PACK'D 201 Borough High Street, London, SE1 1JA.

Best Before End

