

4. Ingredients & Nutritional Information



Goodies Fruit

Date & Nuts Fruit Bar

Average nutritional values	Per 100g	%NRV*	Per serving (20g) – 1 portion	%NRV*
Energy (kJ / kcal)	1395 / 332		279 / 66	
Fat (g)	7.2		1.4	
Of which saturates (g)	1.1		0.2	
Carbohydrate (g)	57		11	
Of which sugars (g)	45		8.9	
Fibre (g)	11		2.2	
Protein (g)	3.7		0.7	
Salt (g)	0.02		<0.01	

*% NRV = Percentage of Nutrient Reference Values

Ingredients

Dates 89.3%, peanuts 5.1%, hazelnuts 3.1%, sunflower oil 2.6%

May contain other tree nuts

Goodies