

4. Ingredients & Nutritional Information



Goodies Fruit

Strawberry & Date Fruit Bar

Average nutritional values	Per 100g	%NRV*	Per serving (20g) – 1 portion	%NRV*
Energy (kJ / kcal)	1310 / 310		262 / 62	
Fat (g)	3.2		0.6	
Of which saturates (g)	0.4		<0.1	
Carbohydrate (g)	63		13	
Of which sugars (g)	50		10	
Fibre (g)	12		2.3	
Protein (g)	2.1		<0.5	
Salt (g)	0.02		<0.01	

*% NRV = Percentage of Nutrient Reference Values

Ingredients

Dates 87.8%, raisins 8.1%, sunflower oil 3%, strawberry powder 0.9%, natural flavouring 0.1%

May peanuts and tree nuts

Goodies