Organic Honey with Ginger Ingredients:

95% Organic Wildflower Honey

5% Organic Ginger

Nutrition Typical values 100g:

Energy:1140kJ/266kcal, Fat 4.4g of which saturates 0.02g, Carbohydrate 70.7g of which sugars 70.7g, Protein 0.7g Salt 0.02g