

4. Ingredients & Nutritional Information



Goodies Fruit

Raspberry & Date Fruit Bar

Average nutritional values	Per 100g	%NRV*	Per serving (20g) – 1 portion	%NRV*
Energy (kJ / kcal)	1284 / 304		257 / 61	
Fat (g)	3.4		0.7	
Of which saturates (g)	0.5		0.1	
Carbohydrate (g)	61		12	
Of which sugars (g)	47		9.4	
Fibre (g)	11		2.1	
Protein (g)	2		<0.5	
Salt (g)	0.02		<0.01	

*% NRV = Percentage of Nutrient Reference Values

Ingredients

Dates 90.4%, apple paste 4%, sunflower oil 2.7%, raspberry powder 1.3%, lemon juice concentrate 1.3%, natural flavourings 0.2%

May contain peanuts and tree nuts

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