

Organic Honey with Cardamom Ingredients:

96% Organic Wildflower Honey

3% Organic Cardamom

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