



Organic Kitchen c/o
CLF Distribution Ltd,
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Product

Name	Organic Young Jackfruit
Description	Organic Kitchen Young Jackfruit is subtle in flavour and a perfect meat alternative for sandwiches, burgers, tacos, and salads. Just add your favourite spices or seasonings. Our jackfruit is processed and tinned right on the plantation in Sri Lanka before being shipped to your local retailer.
Code	ORK57
Barcode	5055177537649
Country of Origin*	Sri Lanka
*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.	

Packaging

Net Content	400g (220g drained weight)
Packaging Type*	Aluminium tin (BPA not used), paper label, cardboard outer (contains 6 units)
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Shelf Life

Maximum Shelf Life	18 months
Storage Conditions	Ambient (15°C - 20°C)

Ingredients	Organic Young Jackfruit (100%)
Allergens	For allergens, see ingredients in BOLD .

Nutritional Values per 100g

Energy	359KJ (86kcal)
Fat	<0.5g
Of Which Saturates	0g
Carbohydrates	20g
Of Which Sugars	0g
Fibre	1.5g
Protein	6.0g
Salt	0.84g

Certifications	Organic, Vegan Society
Serving Requirements	Recipe Idea: Pulled BBQ Jackfruit. Drain and rinse the jackfruit, add to a roasting tin with olive oil and roast for 30 minutes at 200°C. Pull apart the jackfruit with a fork and add BBQ sauce. For more recipe ideas, visit organickitchen.co.uk