

Spec sheet

Product: Raw Honey and Cinnamon Fusion

Ingredients: Raw Honey, Ceylon Cinnamon (0.8%)



Table of Nutritional Information

Portion Size: 21 g (1 tbsp)	Per 100 g	Per Portion (21 g)
Energy	1428 kJ / 336 kcal	300 kJ/ 70.6 kcal (3.5 %)
Fat	0 g	0 g (0 %)
- of which saturates	0 g	0 g (0 %)
Carbohydrate	84 g	17.6 g (6.8 %)
- of which sugars	63.7 g	13.4 g (14.9 %)
Protein	0 g	0 g (0 %)
Salt	0 g	0 g (0 %)