

Spec sheet

Product: Raw Greek Fir Honey

Ingredients: 100% Raw Honey



Table of Nutritional Information

Portion Size: 21 g (1 tbsp)	Per 100 g	Per Portion (21 g)
Energy	1377 kJ / 324 kcal	289 kJ/ 68 kcal (3.4 %)
Fat	0 g	0 g (0 %)
- of which saturates	0 g	0 g (0 %)
Carbohydrate	85 g	18 g (7 %)
- of which sugars	62 g	13 g (14.5 %)
Protein	0 g	0 g (0 %)
Salt	0 g	0 g (0 %)