

Tiger Nuts/Tigernötter

Our Tiger Nuts are a perfectly natural, nut-free and fiber-rich mellis (swedish for little snack). These ancient tubers are naturally sweet and are extremely healthy. Besides being a yummy snack, they are known to help with digestion and great food for you with a sensitive belly or IBS.

100% Pleasure, 0% Guilt!



Mindful Eating: Did you know that nuts have pores and therefore absorb a tiny bit of what comes in to contact with them? That's why our bags have been specially designed to keep hands out & deliciousness in!

Contains naturally occurring sugars/Innehåller naturligt förekommande socker.

Ingredients/Ingredienser: Organic Tiger Nuts*/Ekologiska Tigernötter* (jordmandlar, Cyperus esculentus)*, No additives/Utan tillsatser.

May contain traces of peanuts and treenuts/Kan innehålla spår av jordnöt, hasselnöt, paranöt, pistagenöt, pekannöt, valnöt, macadamianöt, gluten & cashewnöts.

Country of Origin/ Ursprungsland: Spain/ Spanien

Nutritional values/Näringsvärden	(Per 100 g)	(Per serving/Per portion 42 g)
Energy/Energi (kcal):	1907 KJ/458Kcal	801 KJ/192 Kcal
Total fat/Totalt fett (g):	26.7	11.2
Saturated Fat/Mättat fett (g):	4.6	1.9
Mono-unsaturated/Enkelomättad (g):	19.6	8.2
Poly-unsaturated/Fleromättade (g):	2.5	1
Carbohydrate/Kolhydrat (g):	40.9	17.2
of which sugars/varav sockerarter (g):	13.2	5.5
Fibre/Fiber (g):	>12	>5
Protein (g):	6.2	2.6
¹Salt (g):	0.09	0.04
Vitamins/Vitaminer (mg):		
Vitamin E:	3.4mg (34% DRI)**	1.4mg (14% DRI)**
Minerals/Mineraler (mg):		
Magnesium/Magnesium (Mg):	94mg (27% DRI)**	39.5mg (11% DRI)**
Phosphor/Fosfor (P):	257mg (43% DRI)**	108mg (18% DRI)**
Iron/Järn (Fe):	2mg (22% DRI)**	0.8mg (8% DRI)**
Zinc/Zink (Zn):	4.2mg (47% DRI)**	1.8mg (20% DRI)**

* Organic ingredient/Ekologisk ingrediens.

¹The content of salt is exclusively due to naturally occurring sodium/
Salthalten beror uteslutande på naturligt förekommande natrium.

** Reference intake for an average adult/Referensintag för en genomsnittlig vuxen

Warning/Varning: Potential choking hazard to small children/Tänk på att små barn lätt kan sätta innehållet i halsen/May contain **nut shell residue/Skalrester** kan förekomma.

Storage: Once opened, please keep me somewhere away from direct sunlight.
Store me in a cool, chilled-out place. I'm not a vampire though, promise.

Förvaring: Förvaras torrt och svalt.

Go Nuts & Shop Nuts!
www.thisisnuts.co

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info@thisisnuts.co



Weight/Vikt:

Lot nr.:

Net Weight/Nettovikt:



Best before/Bäst före:

EU-jordbruk
SE-EKO-01