


Mulberries/Mullbär

Mulberries are not just delicate, juicy and sweet, but also packed with so many nutrients they flex superfood status. However, these 100% organic mulberries are something truly special.

100% Pleasure, 0% Guilt!



 **Mindful Eating:** Calm your mind and soul. Reseal these special bags that help keep the deliciousness for as long as possible (& keep hands out) to minimize oxidation of the special ingredients. Enjoy!

Contains naturally occurring sugars/Innehåller naturligt förekommande socker.

Ingredients/Ingredienser: Organic Mulberries*/Ekologiska Mullbär*

May contain traces of peanuts and treenuts/Kan innehålla spår av jordnöt, mandel, hasselnöt, paranöt, pistagenöt, pekannöt, valnöt, macadamianöt och cashewnöt.

Country of Origin/ Ursprungsland: Turkey/Turkiet

Nutritional values/Näringsvärden	(Per 100 g)	(Per serving/Per portion 28 g)
Energy/Energi (kcal):	1197 KJ/285 Kcal	335 KJ/80 Kcal
Total fat/Totalt fett (g):	2.6	0.7
Total Carbohydrate/Totalt kolhydrater (g):	65.1	18.2
Sugars/Sockerarter (g):	53	14.8
Fibre/Fiber (g):	11.3	3.2
Protein (g):	9.6	2.7
¹ Salt (g):	0.2	< 0.1g

Vitamins/Vitaminer (mg):

Niacin/Niacin:	4.1mg (26% DRI)**	1.1mg (7% DRI)**
Vitamin B1:	0.6mg (43% DRI)**	0.7mg (12% DRI)**
Vitamin C:	242mg (300% DRI)**	67.8mg (84% DRI)**

Minerals/Mineraler (mg):

Magnesium/Magnesium (Mg):	119mg (32% DRI)**	33.3mg (9% DRI)**
Phosphor/Fosfor (P):	252mg (36% DRI)**	70.6mg (10% DRI)**
Iron/Järn (Fe):	12.3mg (88% DRI)**	3.4mg (25% DRI)**
Calcium/Kalcium (Ca):	259mg (32% DRI)**	72.5mg (9% 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 (8 400 kJ/2 000 kcal).

Warning/Varning: Potential choking hazard to small children/

Tänk på att små barn lätt kan sätta innehållet i halsen.

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.

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Vikt: Lot nr.:

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