


Viking Berries/Vikingbär

A strong, sturdy bold collection of berries – emulating the viking land they come from. Our Viking Berry mix is fortified with black Currants juicy cranberries & lingonberries alongside lightly roasted cashews and almonds with hint of salt. Are you Viking enough?
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!

Ingredients/Ingredienser: Currants/vinbär, cranberries/tranbär (apple juice concentrate/äppeljuice koncentrat, sunflower oil/solrosolja), **almonds/mandlar**, mulberries/mullbär, **cashews/cashewnöt**, lingonberries/lingon, blueberries/blåbär & salt. May contain traces of **peanuts** and **treenuts**/Kan innehålla spår av **jordnöt, hasselnöt, paranöt, pistagenöt, pekannöt, valnöt, macadamianöt, gluten & laktos**.

Country of Origin/ Ursprungsland: Various/Flera

| Nutritional values/Näringsvärden | (Per 100 g)(Per serving/Per portion 45 g) | |
|--------------------------------------------|--------------------------------------------------|-----------------------|
| Energy/Energi (kcal): | 439.5 (1840.2 kJ) | 197.8 (828.1 kJ) |
| From Fat/Från fett (g): | 129.1 (540.4 kJ) | 58.1 (243.2 kJ) |
| From Carbohydrate/Från kolhydrater (g): | 258.5 (1082.1 kJ) | 116.3 (486.9 kJ) |
| From Protein/Från protein (g): | 28.0 (117.4 kJ) | 12.6 (52.8 kJ) |
| Total fat/Totalt fett (g): | 15.4 | 7.1 |
| Saturated Fat/Mättat fett (g): | 1.8 | 0.8 |
| Mono-unsaturated/Enkelomättade (g): | 9.6 | 4.3 |
| Poly-unsaturated/ Fleromättade (g): | 3.6 | 1.6 |
| Total Carbohydrate/Totalt kolhydrater (g): | 63.1 | 28.5 |
| Sugars/Sockerarter (g): | 43.0 | 19.4 |
| Dietary Fiber/Kostfiber (g): | 8.3 | 3.7 |
| Protein (g): | 10.7 | 4.8 |
| Salt (mg): | 76.5 | 34.4 |
| Vitamins (mg) | | |
| Vitamin C: | 120.60 (150.75% DRI)** | 120.60 (67.84% DRI)** |
| Vitamin E: | 5.72 (47.68% DRI)** | 5.72 (21.45% DRI)** |
| Riboflavin: | 1.50 (107.21% DRI)** | 1.50 (48.25% DRI)** |
| Minerals (mg) | | |
| Iron/Järn (Fe): | 5.23 (37.33% DRI)** | 2.35 (16.80% DRI)** |
| Phosphor/Fosfor (P): | 218.86 (31.27% DRI)** | 98.49 (14.07% DRI)** |
| Potassium/Kalium (K): | 629.75 (31.49% DRI)** | 283.39 (14.17% DRI)** |
| Copper/Koppar (Cu): | 0.70 (70.10% DRI)** | 0.32 (31.55% DRI)** |
| Manganese/Mangan (Mn): | 0.95 (47.25% DRI)** | 0.43 (21.26% DRI)** |

**Reference intake for an average adult/Referensintag för en genomsnittlig vuxen (8 400 kJ/2 000 kcal).

**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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OTHER

Weight/Vikt: Lot nr:

Net weight/Nettovikt:

Use by date/Bäst före: