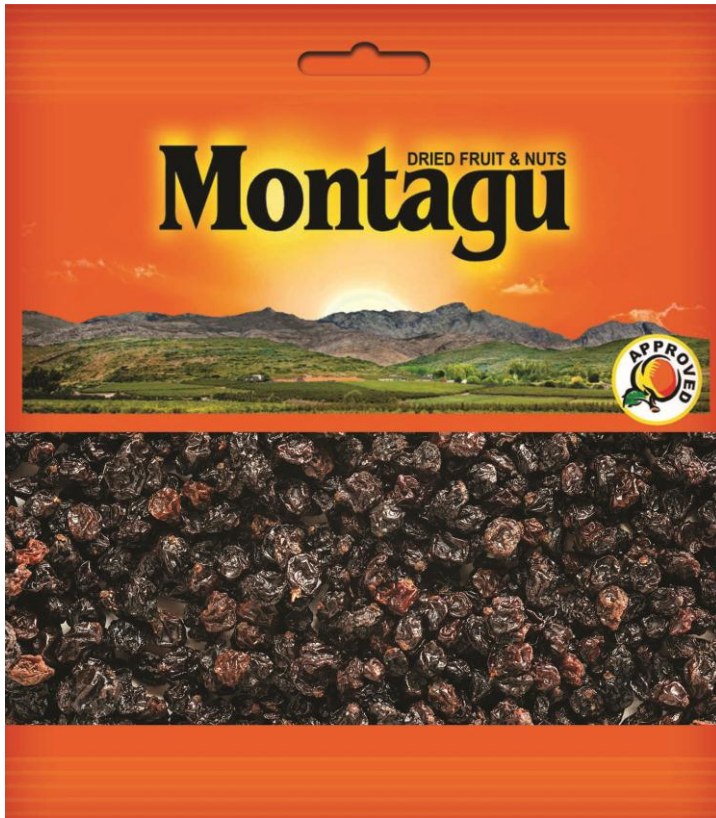


CURRANTS



High in Energy	✓
High in Carbohydrates	✓
Very low in Sodium	✓
Suitable for vegetarians	✓
Cholesterol free	✓
Country of origin	RSA
Preservative	Free
Kosher	✓
Halaal	✓

Ingredients: Currants

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	1050 kJ
Protein	3.2 g
Carbohydrates	67 g
Total sugar	49 g
Total fat	0.6 g
Saturated fat	0.1 g
Monounsaturated fat	0.02 g
Polyunsaturated fat	0.1 g
Fibre	5.6 g
Sodium	13 mg

