

SPICY CORN TOMATO



High in Energy	✓
High in Fibre	✓
Suitable for vegetarians	✓
Country of origin	RSA
Preservative	Free
Kosher	✓
Halaal	✓

Ingredients: Maize, Refined Vegetable Oil with Antioxidants, Salt, Maize Flour, Acidifying Agents (E262, E330), Sugar, Maltodextrin, Monosodium Glutamate, Vegetable powder, herbs & spices, extracts of herbs & spices, permitted colourants, Vegetable Oil, Fruit Powder, Anti-caking Agent (E551), Non-nutritive sweetener, Permitted Flavourants, Dextrose, Flavour enhancer (nucleotides) E631, E627

Corn is a good source of fibre. Fibres are said to assist the lowering of cholesterol levels and to help reduce the risk of developing colon cancer. Corn also contains a variety of vitamin B nutrients that assist the metabolism of carbohydrates. It also contains vitamin C which boosts the immune system and helps prevent diseases.

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	1865 kJ
Protein	8.4 g
Carbohydrates	63.7 g
Total sugar	5.4 g
Total fat	19 g
Saturated fat	6.7 g
Monounsaturated fat	2.8 g
Polyunsaturated fat	9.5 g
Fibre	6.4 g
Sodium	78 mg

