



HERALI
ORGANIC JACKFRUIT

Dehydrated Mature Jack-fruit

Herali, Dehydrated Mature Jack-fruit is totally organic and 100% plant based. One of the best naturally fiber rich carbohydrate alternative to potatoes, pasta, bread or any other yam, once soaked in warm or cold water. Boil or microwave with adequate amount of water if extra tenderness is preferred.

Nutritional Facts

Serving size 100g

Amount Per Serving

| | | |
|---------------------------------|--------------|----------------|
| Energy | 352 kCal | |
| | | % Daily Value* |
| Total Fat 0.8g | | |
| Saturated Fat 0.2g | 1% | |
| Trans Fat 0g | 0% | |
| Cholesterol 0g | 0% | |
| Sodium 2g | 2% | |
| Total Carbohydrate 73.5g | 73.5% | |
| Dietary Fiber 14g | 14% | |
| Sugars 5g | 5% | |

| | |
|------------------------|--------------|
| Protein 5g | 5% |
| Vitamin A | 2.2% |
| Calcium | 2.4% |
| Potassium 448mg | 13% |
| Vitamin C | 22.8% |
| Iron | 1.3% |

* Percentage of daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Ingredients

Organic Mature Jack-fruit, Salt

Serving Suggestions as a Carbohydrate Source

- ☑ As a Curry
- ☑ As a Carbohydrate alternative, potatoes, pasta, bread or any other yam

Benefits

- ☑ High fiber content.
- ☑ Rich in Vitamins.
- ☑ Rich in Potassium.
- ☑ Vegan friendly

Certifications



Sierra Agriventures (Pvt) Ltd

112, Havelock Road
Colombo 00500,
Sri Lanka
+94 11 255 2310
info@sierraagriventures.com
www.sierraagriventures.com