



HERALI  
ORGANIC JACKFRUIT

## Sweet Jack-fruit in Pineapple Juice

Herali, Sweet Jack-fruit in Pineapple Juice is totally organic and 100% plant based. Naturally sweet and succulent, tender pieces of jack-fruit can be consumed as it is. The unique and natural flavour of ripen jack fruit and it's refreshingly rich aroma makes it an ideal companion when added to fruit salads, fruit cocktails, smoothies, shakes or mocktails.



### Nutritional Facts

Serving size 100g

Amount Per Serving

Calories 95

Calories from Fat 5.8

% Daily Value\*

**Total Fat 0.6g**

Saturated Fat 0.2g

Trans Fat 0g

**Cholesterol 0mg**

**Sodium 40mg**

**Total Carbohydrate 24g**

Dietary Fiber 1.55g

Sugars 19g

1%

0%

0%

2%

8%

6%

0%

**Protein 1.7g**

Vitamin A

Calcium

Potassium 448mg

Vitamin C

Iron

3%

2.2%

2.4%

13%

22.8%

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 Sweet Jack-fruit, Pineapple Juice

### Serving Suggestions

- ☑ As it is
- ☑ In cocktails
- ☑ In shakes
- ☑ As a topping for Ice-cream
- ☑ In trifles
- ☑ Fruit cocktails
- ☑ As a garnish for dessert and puddings
- ☑ As a refreshing beverage

### 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