



HERALI  
ORGANIC JACKFRUIT

## YOUNG JACK IN BRINE

Herali, young Jack-fruit is totally organic and 100% plant based. Tender Jack can be used in various dishes, in cold salads, in pasta dishes, soups, stews, Jack-fruit barbecue, in curries, as a filling for wraps and tacos and as a perfect plant-based meat alternative for vegan pulled pork, poultry and fish, this wonderfully versatile product has a fibrous texture that resembles meat and absorbs flavours easily.



### Nutritional Facts

Serving size 100g

Amount Per Serving

Calories

50 Cal

% Daily Value\*

**Total Fat 0.5g**

1%

Saturated Fat 0g

0%

Trans Fat 0g

0%

**Cholesterol 0mg**

0%

**Sodium 10mg**

0%

**Total Carbohydrate 12g**

4%

Dietary Fiber 4g

14%

Sugars 0g

0%

**Protein 3g**

6%

Vitamin D 0mg

0%

Calcium 60mg

4%

Potassium 323mg

6%

Vitamin C

15%

Iron 1.9mg

10%

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

### Ingredients

Organic Young Jack-fruit, Salt Water

### Serving Suggestions as a Meat Alternative

- ☑ In stir-fry's
- ☑ As burger meat
- ☑ In soups
- ☑ As a pizza topping
- ☑ In pasta hot/cold
- ☑ In salads
- ☑ In curry
- ☑ As a filling

### Benefits

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

### Certifications



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