



# DEHYDRATED MATURE JACK-FRUIT

Herali, Dehydrated Mature Jack-fruit is 100% plant based. One of the best naturally fiber rich carbohydrate alternative to potatoes, pasta, bread or any other yam, once boiled or microwaved with adequate amount of water.

## Ingredients

Mature Jack-fruit, Salt

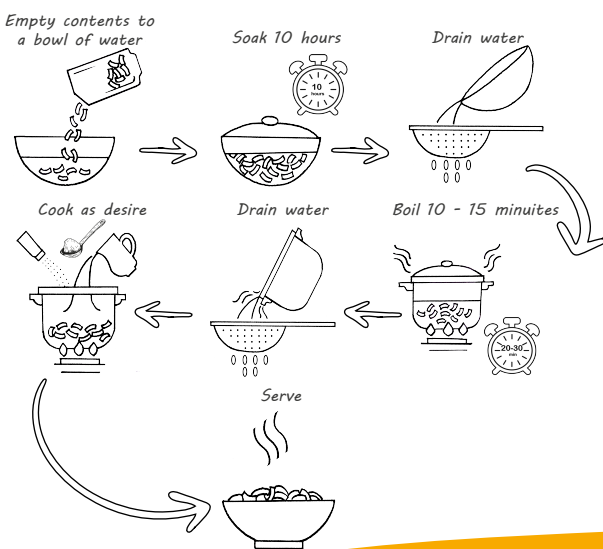
## Serving Suggestions as a Carbohydrate Source

- As a curry
- As a Carbohydrate alternative to potatoes, pasta, bread or any other yam

## Benefits

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

## Preparation Guide



## Nutritional Facts

Serving size 100g

Amount Per Serving

Calories (Energy) **352Cal**

% 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% Vitamin C 22.8%  
Calcium 2.4% Iron 1.3%  
Potassium 448mg 13%



**Sierra Agriventures (Pvt) Ltd**

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

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