



DEHYDRATED

# SWEET JACK-FRUIT

Herali, Dehydrated Sweet Jack-fruit is 100% plant based. Natural sweetness is kept during the process of dehydration and therefore the pieces of jack-fruit are ready to be consumed straight off the pack. A nice companion to be mixed with other dried fruits as well as nuts. Once soaked in water for few minutes and diced, ideal to be sprinkled over salads, trifles, cakes or smoothies for a hint of fruitiness and aroma.

### Ingredients

Sweet Jack-fruit

### Serving Suggestions as a Dried Fruit

- ☑ With cereal
- ☑ As a snack
- ☑ With other dried fruits
- ☑ As a dessert topping

### Benefits

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

## Nutritional Facts

Serving size 100g

Amount Per Serving

Calories (Energy) **95 Cal**

% Daily Value\*

**Total Fat 0.6g**

Saturated Fat 0.2g 1%  
Trans Fat 0g 0%

**Cholesterol 0g 0%**

**Sodium 40mg 2%**

**Total Carbohydrate 24g 8%**

Dietary Fiber 1.55g 6%  
Sugars 19g 19%

**Protein 1.7g 3%**

Vitamin A 2.2% Vitamin C 22.8%  
Calcium 2.4% Iron 1.3%  
Potassium 448mg 13%



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