



SWEET JACKFRUIT IN PINEAPPLE JUICE

Herali, Sweet Jack-fruit in Pineapple Juice is 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.

Ingredients

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

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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