



# YOUNG JACK IN BRINE

Herali, young Jack-fruit is 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 well.

## Ingredients

Young Jack-fruit, Salt Water

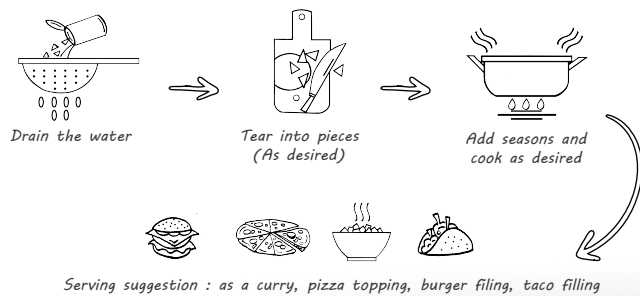
## Serving Suggestions as a Meat Alternative

- ✔ 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

## Preparation Guide



## Nutritional Facts

Serving size 100g

Amount Per Serving

**Calories (Energy) 50 Cal**

% Daily Value\*

**Total Fat 0.5g**

Saturated Fat 0g 0%

Trans Fat 0g 0%

**Cholesterol 0g 0%**

**Sodium 10mg 0%**

**Total Carbohydrate 12g 4%**

Dietary Fiber 4g 14%

Sugars 0g 0%

**Protein 3g 6%**

Vitamin D 0g 0% Vitamin C 15%

Calcium 60mg 4% Iron 1.9mg 10%

Potassium 323mg 6%



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