

Crispy BBQ Jackfruit

Nutrition Facts

3 servings per container

Serving size

6 oz (192g)

	Per Serving	Per Container
Calories	140	430
	% Daily Value*	% Daily Value*
Total Fat	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%
<i>Trans</i> Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	1640mg 71%	4920mg 214%
Total Carb.	34g 12%	103g 37%
Dietary Fiber	14g 50%	42g 150%
Total Sugars	7g	22g
Incl. Added Sugars	6g 12%	18g 36%
Protein	5g	16g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	120mg 10%	360mg 30%
Iron	5.7mg 30%	17.2mg 100%
Potassium	420mg 8%	1260mg 25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC YOUNG JACKFRUIT, WATER, SEA SALT, ORGANIC LIME JUICE, WATER, ORGANIC SUGAR, ORGANIC DISTILLED VINEGAR, ORGANIC TOMATO CONCENTRATE, ORGANIC TAPIOCA STARCH, SALT, ORGANIC MOLASSES, ORGANIC GARLIC, ORGANIC GROUND MUSTARD SEED, NATURAL SMOKE FLAVOR, ORGANIC BLACK PEPPER, ORGANIC RED PEPPER., WHOLE GRAIN RYE FLOUR, RYE SOURDOUGH, OAT FLAKES, YEAST, WHOLE GRAIN WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, WHOLE GRAIN BARLEY FLOUR, RYE BRAN, SALT, BARLEY MALT EXTRACT, SUNFLOWER LECITHIN, RED ONION, RED PEPPERS

CONTAINS: MILK, WHEAT, SESAME

HEALTHY PATH MARKET