

Mulberries / Mullbär

This is Precious. We love our delicate and juicy Mulberries, so much so that we've made sure you can join us in this totally nutritious and delicious journey! All our Mulberries are 100% organic, so on top of already being great for you, we've gone the extra mile. Enjoy!

100% Pleasure, 0% Guilt



Goodness



Nuts!



100%
Organic



Smile

Ingredients/Ingredienser:

Organic mulberries* /Ekologiska mullbär*, No additives/Utan tillsatser. May contain traces of **peanuts** and **treenuts**/Kan innehålla spår av **jordnöt, mandel, hasselnöt, paranöt, pistagenöt, pekannöt, valnöt, macadamianöt** och **cashewnöt**.

Country of Origin/Ursprungsland: Turkey/Turkiet

Nutritional values/Nutritionvärden:	(per 100 g)	(per serving/ per portion 28g)
Energy/Energi:	1197 KJ/285 Kcal	335 KJ/80 kcal
Fat/Fett:	2.6g	0.7g
Carbohydrates/Kolhydrater	65.1g	18.2g
Sugars/Socker:	53g	14.8g
Dietary fibre/Kostfiber:	11.3g	3.2g
Protein/Protein:	9.6g	2.7g
Salt/Salt:	0.2g ¹	< 0.1g ¹
Vitamins/Vitaminer		
Niacin/Niacin:	4.1 mg (26% DRI)**	1.1 mg (7% DRI)**
Vitamin B1:	0.6mg (43% DRI)**	0.7mg(12% DRI)**
Vitamin C:	242mg (300% DRI)**	67.8mg(84% DRI)**
Minerals/Mineraler		
Calcium/Kalcium:	259mg (32% DRI)**	72.5mg (9% DRI)**
Iron/Järn:	12.3mg (88% DRI)**	3.4mg (25% DRI)**
Phosphor/Fosfor:	252mg (36% DRI)**	70.6mg (10% DRI)**
Magnesium/Magnesium:	119mg (32% DRI)**	33.3mg (9% DRI)**

¹The content of salt is exclusively due to naturally occurring sodium/Salthalten beror uteslutande på naturligt förekommande natrium.

* Organic ingredient/Ekologisk ingrediens.

** Reference intake for an average adult/Referensintag för en genomsnittlig vuxen (8 400 kJ/2 000 kcal).

Warning/Varning: Potential choking hazard to small children/Tänk på att små barn lätt kan sätta innehållet i halsen/May contain **nut shell residue/Skalrester** kan förekomma.

Storage: Once opened, please keep me somewhere away from direct sunlight. Store me in a cool, chilled-out place. I'm not a vampire though, promise.

Förvaring: Förvaras torrt och svalt.

Go Nuts & Shop Nuts!

www.thisisnuts.co

Contact us at

info@thisisnuts.co

This is Nuts Sweden AB

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114 43 Stockholm



Weight/Vikt: Lot nr.:

Net Weight/Nettovikt:

Use by date/Bäst före:



EU-jordbruk
SE-EKO-01