

Typical nutritional information

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	moisture	Energy Kcal	Energy KJ	Protein	Fat g	Sat Fat g	Mono US Fat g	Poly US Fat g	18:1 oleic	18:2 linoleic	18:3 linolenic	20:2 icosadienoic	Cholesterol (mg)	Carbohydrate	of which Sugars	Fibre	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (µg)	Vitamin C (mg)	B1 Thiamin (mg)	B2 Riboflavin (mg)	B3 Niacin (mg)	Pantothenic Acid (mg)	Vitamin B6 (mg)	Vitamin B12 (µg)	Vitamin E a-toc (mg)	beta Carotene (µg)
Organic Almond Butter	6.0	578	2418	21.3	50.6	3.7	30.9	12.1	30.6	12.1	0.0	0.0	0.0	19.7	4.8	11.8	248	4.3	275	474	728	1.0	3.4	1.1	2.5	2.8	0.0	0.2	0.8	3.9	0.3	0.1	0.0	25.9	3.0
Organic Cashewnut Butter	5.0	569	2379	17.4	46.5	7.9	23.6	10.6	23.3	10.5	0.1	0.0	0.0	28.8	5.6	3.1	35	6.4	278	565	629	11.4	5.5	2.1	1.6	19.0	0.5	0.4	0.1	1.0	0.8	0.4	0.0	2.8	0.0
Organic Hazelnut Butter	5.3	628	2629	15.0	60.8	4.5	45.7	7.9	45.4	7.8	0.1	0.0	0.0	16.7	4.3	9.7	114	4.7	163	290	680	0.0	2.5	1.7	6.2	2.4	6.3	0.6	0.1	1.8	0.9	0.6	0.0	15.0	11
Organic Mixed Nut Butter	5.6	630	2633	16.3	61.1	9.8	30.8	15.6	30.5	15.6	0.0	0.0	0.0	15.2	3.4	9.1	173	3.4	303	565	682	1.8	3.5	1.6	2.6	1001	1.7	0.5	0.3	1.6	0.4	0.2	0.0	13.0	3.2
Organic Peanut Butter	6.0	585	2449	23.7	49.7	6.4	25.3	14.7	24.7	14.7	0.0	0.0	0.0	21.5	4.2	8.0	54	2.3	176	358	658	6.0	3.3	0.7	2.1	7.5	0.0	0.4	0.1	13.5	1.4	0.3	0.0	6.9	0.0
Organic Pumpkin Seed Butter	6.8	590	2465	20.9	53.7	8.9	15.0	27.4	14.9	27.2	0.2	0.0	0.0	15.2	0.9	3.3	37	12.8	456	1000	688	91	6.4	1.2	2.6	4.8	1.6	0.2	0.3	1.5	0.3	0.2	0.9	6.0	194
Organic Sesame Seed Butter	7.0	635	2654	15.8	63.5	7.6	19.7	26.5	19.5	26.1	0.3	0.0	0.0	20.4	0.3	10.3	860	12.8	310	555	413	9.6	6.2	3.5	2.1	5.0	0.0	0.7	0.2	4.0	0.0	0.7	0.0	3.9	0.0
Organic Sunflower Seed Butter	3.9	634	2649	17.3	59.6	5.4	18.7	30.2	18.6	30.2	0.1	0.0	0.0	15.6	2.2	8.8	65	4.4	271	550	538	7.5	4.2	1.5	1.6	44.2	1.2	1.2	0.3	6.9	0.9	1.1	0.0	34.5	0.0
Organic Raw Almond Butter	6.0	578	2418	21.3	50.6	3.7	30.9	12.1	30.6	12.1	0.0	0.0	0.0	19.7	4.8	11.8	248	4.3	275	474	728	1.0	3.4	1.1	2.5	2.8	0.0	0.2	0.8	3.9	0.3	0.1	0.0	25.9	3.0
Organic Raw Apricot Kernel Butter	4.6	646	2681	15.6	63.8	7.4	27.6	25.3	26.7	25.9	0.0	0.0	0.0	14.9	4.9	10.7	173	2.9	236	424	551	6.0	2.8	1.0	1.7	428	0.2	0.3	0.5	2.2	0.2	0.1	0.0	24.8	1.7
Organic Raw Brazilnut Butter	5.5	656	2743	14.3	66.4	15.1	24.5	20.6	24.2	20.5	0.0	0.0	0.0	12.3	2.3	7.5	160	2.4	376	725	659	3.0	4.1	1.7	1.2	1917	0.7	0.6	0.0	0.3	0.2	0.1	0.0	5.7	0.0
Organic Raw Hempseed Butter	4.6	467	1950	19.2	44.2	2.6	12.4	28.5	12.4	23.7	4.3	0.0	0.0	30.0	2.1	16.7	66	7.8	302	415	568	28.3	3.5	0.9	2.7	4.6	1.2	0.8	0.9	2.1	0.0	0.3	0.0	9.3	4.7
Org Raw Hemp & Linseed Butter	4.4	512	2141	17.7	43.5	3.4	10.3	31.9	9.9	14.1	18.1	0.0	0.0	29.3	1.5	20.0	65	6.1	286	483	553	17.9	3.8	1.2	2.2	4.6	1.1	0.4	0.5	1.6	0.6	0.5	0.0	8.4	2.3
Organic Raw Macadamia Nut Butter	1.4	718	3004	7.9	75.8	12.1	58.9	1.5	43.8	1.3	0.2	0.0	0.0	13.8	4.6	8.6	85	3.7	130	180	368	5.0	1.3	0.8	4.1	3.6	1.2	1.2	0.2	2.5	0.8	0.3	0.0	0.5	0.0
Org Raw Premium Mix Seed Butter	4.2	660	2753	14.7	64.3	7.3	17.8	35.4	17.6	32.7	2.8	0.0	0.0	14.6	1.2	7.6	117	6.3	266	547	461	8.5	4.1	1.3	1.6	19.0	0.9	0.6	0.2	3.5	0.5	0.6	0.2	21.8	44.0
Org Raw Pr M Seed w Barley Grass	4.1	650	2711	15.1	62.9	7.1	17.4	34.6	17.2	31.8	2.7	0.0	0.0	14.3	1.2	8.3	122	6.4	264	544	557	9.6	4.0	19.3	1.7	18.6	5.7	0.6	0.3	3.6	0.5	0.6	0.2	21.4	42.9
Organic Raw Pecan Butter	3.2	709	2960	8.3	74.5	6.6	38.9	25.6	38.7	24.7	0.9	0.0	0.0	12.6	3.6	8.7	64	2.3	110	252	373	0.0	4.1	1.1	4.1	9.1	1.0	0.6	0.1	1.1	0.8	0.2	0.0	5.0	26.4
Org Raw Prem Pumpkin Seed Bttr	5.9	610	2539	18.0	56.8	10.3	16.7	28.3	16.6	26.7	1.5	0.0	0.0	14.2	0.7	2.9	32	11.0	393	863	593	13.2	5.5	1.0	2.2	4.1	1.4	0.2	0.2	1.3	0.2	0.2	0.7	0.0	168
Organic Raw Rainforest Nut Butter	5.2	632	2642	15.0	60.9	13.0	26.3	16.1	25.1	16.0	0.1	0.0	0.0	17.2	3.4	6.4	123	3.6	340	659	643	5.5	4.4	1.8	1.5	1298	0.7	0.6	0.0	0.6	0.4	0.2	0.0	4.1	0.0
Organic Light Raw Tahini (fair t)	3.2	669	2799	17.4	67.0	9.8	26.3	27.9	25.9	27.6	0.3	0.0	0.0	10.0	0.4	9.9	51	5.4	293	567	315	40.0	5.7	1.2	1.2	82.9	0.0	0.6	0.1	4.9	0.2	0.3	0.0	1.6	34.0
Organic Dark Raw Tahini (fair t)	6.2	664	2777	14.0	67.7	8.6	23.6	26.4	23.3	26.0	0.4	0.0	0.0	18.0	0.2	9.1	761	11.4	274	491	365	8.5	5.5	3.1	1.9	4.5	0.0	0.6	0.2	3.5	0.0	0.6	0.0	0.5	0.0

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Organic Raw Walnut Butter	4.1	654	2738	15.2	65.2	6.1	8.9	47.2	8.8	38.1	9.1	0.0	0.0	13.7	2.6	6.7	98	2.9	158	346	441	2.0	3.1	1.6	3.4	4.9	1.3	0.3	0.2	1.1	0.6	0.5	0.0	0.7	12.0
Organic Raw White Almond Butter	4.1	609	2544	19.9	55.1	4.5	31.1	16.9	30.9	16.9	0.0	0.0	0.0	18.1	4.5	9.5	196	3.4	250	436	625	25.5	2.8	1.1	2.0	2.5	0.0	0.2	0.5	3.3	0.3	0.1	0.0	26.2	3.6
Organic Raw Choc & Almond Sprd	6.3	600	2511	15.6	53.3	8.3	23.1	18.1	22.8	16.6	1.3	0.0	0.0	21.0	8.4	9.6	170	3.5	285	512	639	2.8	3.3	1.3	1.7	727	0.3	0.3	0.4	1.9	0.2	0.1	0.0	18.0	1.2
Organic Raw Choc & Hempseed Sp	6.4	507	2122	17.0	44.5	7.4	15.2	19.5	15.0	16.5	2.7	0.0	0.0	28.8	7.8	13.5	106	5.8	335	549	651	16.7	3.8	1.4	2.1	778	0.9	0.6	0.5	1.3	0.1	0.2	0.0	6.0	2.3
Organic Raw Choc & Sesame Sprd	7.4	614	2567	13.7	57.9	7.8	20.2	22.3	19.9	21.9	0.3	0.0	0.0	24.9	6.5	10.0	666	10.7	269	471	413	8.7	5.2	3.0	1.9	4.8	0.0	0.5	0.2	3.2	0.1	0.5	0.0	0.4	0.0
Org Raw Choc & Tropical Nut Sprd	5.8	623	2607	14.6	59.5	13.4	23.6	17.1	22.9	17.1	0.0	0.0	0.0	17.8	5.1	8.1	138	3.4	354	673	670	4.7	4.2	1.8	1.4	1513	0.6	0.6	0.0	0.5	0.3	0.1	0.0	4.6	0.0
Organic Spicy Roasted Almonds	6.2	565	2364	19.4	49.0	3.9	29.1	12.3	28.8	12.3	0.0	0.0	0.0	22.5	8.0	10.9	223	4.0	247	426	673	105	3.0	1.0	2.3	2.6	2.3	0.2	0.7	3.6	0.3	0.1	0.0	23.3	158
Organic Spicy Roasted Cashews	5.4	537	2246	16.8	42.3	7.4	22.6	8.1	22.3	8.1	0.1	0.0	0.0	31.0	7.9	3.3	35	6.2	266	541	616	715	5.3	2.0	1.5	18.1	1.8	0.4	0.1	1.1	0.8	0.4	0.0	1.0	142
Organic Spicy Roasted Mixed Nuts	5.4	585	2448	16.3	52.9	6.0	32.2	10.9	31.0	10.3	0.1	0.0	0.0	21.6	6.6	8.5	140	4.4	229	420	638	500	3.3	1.4	3.2	169	3.3	0.4	0.3	2.3	0.6	0.3	0.0	13.7	180
Organic Apple & Sultana Chutney	45.3	82	355	0.8	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20.9	18.4	1.5	9	0.3	9	12	99	5.2	0.1	0.0	0.1	0.2	3.4	0.0	0.0	0.1	0.0	0.0	0.0	0.1	9
Organic Piccalilli	35.0	68	286	2.0	1.7	0.2	0.4	1.2	0.3	0.2	0.9	0.0	0.0	13.9	9.4	2.8	21	0.9	27	55	213	9.7	0.4	0.1	0.3	1.5	24.8	0.0	0.0	0.4	0.3	0.7	0.0	0.2	109
Organic Red Onion Marmalade	80.6	72	300	0.8	0.3	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	16.6	13.6	1.1	16	0.5	9	22	110	7.0	0.1	0.0	0.1	0.4	5.6	0.0	0.0	0.3	0.1	0.1	0.0	0.4	350
Organic Tomato Relish	74.8	48	201	1.1	0.4	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	10.5	6.9	1.7	18	1.0	15	28	227	12.9	0.2	0.1	0.1	1.1	6.1	0.0	0.0	0.7	0.2	0.4	0.0	0.9	209
Organic Preserved Lemons	76.9	19	79	0.8	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.4	0.8	2.6	38	0.4	8	10	117	6112	0.1	0.2	0.0	0.0	55.0	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0
Org Cornish Honey Grain Mustard	53.6	195	816	8.6	9.9	0.5	6.8	1.8	0.0	0.0	0.0	0.0	0.0	22.4	12.7	5.1	183	3.8	115	294	295	2.6	2.0	0.2	0.7	45.9	1.1	0.2	0.1	2.7	0.0	26.1	0.0	1.0	13
Organic English Mustard	65.8	150	630	6.1	7.0	0.4	4.8	1.3	0.0	0.0	0.0	0.0	0.0	18.9	10.2	3.8	129	2.9	79	207	228	2.0	1.4	0.1	0.5	32.1	6.5	0.1	0.1	2.0	0.0	18.2	0.0	0.8	17
Organic Aloo Gobi Curry	81.2	55	230	0.9	3.0	0.3	0.6	1.9	0.5	1.9	0.0	0.0	0.0	7.0	1.5	0.9	8	0.3	9	19	136	5.1	0.1	0.1	0.1	0.3	8.6	0.0	0.0	0.4	0.2	0.1	0.0	1.2	23
Org Dahl Curry rst butternut squ	82.2	73	308	2.7	3.8	0.4	0.9	2.0	0.8	2.0	0.0	0.0	0.0	7.9	1.8	1.1	15	0.4	12	27	130	135	0.2	0.1	0.1	0.8	12.2	0.0	0.0	0.3	0.1	0.3	0.0	1.3	533
Organic Chickpea Curry	83.0	62	261	2.2	2.1	0.6	0.5	0.6	0.3	0.4	0.0	0.0	0.0	10.2	4.1	2.3	21	1.0	19	45	182	7.6	0.4	0.1	0.3	4.6	13.1	0.1	0.0	0.4	0.2	0.4	0.0	0.6	106
Organic Three Bean Chilli	82.0	68	285	3.3	1.2	0.2	0.5	0.3	0.0	0.2	0.0	0.0	0.0	12.2	2.5	3.4	28	1.3	27	68	284	92	0.5	0.1	0.3	1.0	7.9	0.1	0.1	0.5	0.2	0.3	0.0	0.5	105
Organic Sweet & Sour Vegetables	85.3	54	227	0.8	0.4	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	12.3	9.3	1.2	15	0.4	9	21	147	57.8	0.2	0.1	0.1	0.7	24.1	0.0	0.0	0.4	0.1	0.4	0.0	0.5	726

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Organic Apple Purée	85.6	52	217	0.3	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	13.8	10.3	2.4	6	0.1	5	11	107	1.0	0.0	0.0	0.0	4.9	0.0	0.0	0.1	0.1	0.0	0.0	0.2	11	
Organic Apple & Mango Purée	84.3	57	237	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15.0	12.0	2.2	5	0.1	4	10	93	1.7	0.0	0.0	0.0	4.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	10	
Organic Pumpkin & Lentil Soup	73.0	25	105	1.6	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	4.5	1.2	0.6	8	0.2	6	14	82	1.0	0.1	0.0	0.1	2.4	5.1	0.0	0.0	0.1	0.1	0.0	0.1	0.1	59
Organic Tomato & Lentil Soup	87.8	30	127	1.8	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.9	1.6	0.9	10	0.4	7	14	116	77.8	0.1	0.1	0.1	0.4	8.6	0.0	0.0	0.3	0.1	0.1	0.0	0.4	145
Organic Red Onion & Hazel Spread	74.1	157	653	3.6	13.6	1.7	5.6	5.8	5.5	5.0	0.8	0.0	0.0	8.0	3.0	2.7	29	1.5	60	121	213	6.4	0.8	0.3	0.7	66.1	8.3	0.1	0.0	0.5	0.2	0.3	0.0	3.2	64
Organic Carrot & Almond Spread	76.5	115	481	3.9	7.5	0.9	3.6	2.5	3.5	2.0	0.5	0.0	0.0	10.8	2.9	3.2	44	1.2	58	114	272	19.3	0.8	0.2	0.5	39.2	6.8	0.1	0.1	0.9	0.2	0.4	0.0	2.6	1487
Organic Sweet Red Pepper Spread	82.0	97	408	2.5	7.6	1.3	3.7	2.5	3.5	1.7	0.7	0.0	0.0	6.9	2.7	2.1	19	1.1	45	95	202	6.4	0.6	0.2	0.3	58.8	34.4	0.1	0.0	0.5	0.2	0.2	0.0	1.2	319
*Organic Hummus	65.8	158	663	5.8	8.5	1.0	4.2	2.4	3.7	1.4	0.2	0.0	0.0	16.7	2.6	5.1	77	2.3	49	128	248	130	1.2	0.4	0.7	2.5	1.9	0.2	0.1	0.6	0.4	0.2	0.0	0.8	10
*Organic Hummus ~Roasted Spice	64.4	164	685	6.1	8.8	1.1	4.4	2.5	3.8	1.6	0.2	0.0	0.0	16.9	2.7	5.4	35	2.1	50	130	255	131	1.2	0.3	0.6	7.0	2.3	0.2	0.1	0.7	0.4	0.2	0.0	1.0	143
*Organic Hummus ~Red Peppers	68.2	145	606	5.3	7.4	1.0	3.8	2.2	2.5	0.4	0.2	0.0	0.0	15.6	2.8	4.7	45	1.9	34	122	246	121	1.0	0.3	0.6	2.1	21.5	0.2	0.1	0.7	0.4	0.2	0.0	0.9	239
*Organic Coriander & Walnut Pesto	6.4	513	2147	1.8	56.0	7.4	39.1	7.9	36.9	6.9	0.5	0.0	0.0	4.1	0.9	1.5	34	1.2	20	40	235	18.1	0.4	0.2	0.4	0.9	18.0	0.1	0.1	0.5	0.3	0.1	0.0	8.4	1364
*Organic Pesto	30.0	558	2334	2.5	60.0	7.7	44.2	6.4	41.9	5.6	0.0	0.0	0.0	5.8	0.7	1.9	60	1.6	35	57	202	234	0.5	0.3	1.1	1.6	9.1	0.1	0.0	0.4	0.2	0.2	0.0	9.2	653
*Organic Red Pesto	58.3	297	1244	2.2	29.8	3.8	21.9	3.2	20.7	2.8	0.0	0.0	0.0	7.9	3.1	2.0	40	1.8	31	52	355	153	0.4	0.3	0.6	1.2	10.2	0.1	0.0	1.0	0.3	0.2	0.0	5.5	480
*Organic Rocket Pesto	37.7	514	2153	1.1	56.1	7.5	41.4	5.6	39.2	5.0	0.0	0.0	0.0	4.3	1.4	1.4	27	0.8	10	21	133	148	0.2	0.0	0.1	0.8	13.6	0.0	0.0	0.2	0.1	0.1	0.0	8.1	34
*Organic Garlic Purée	39.6	388	1624	4.2	33.0	4.5	24.2	3.4	22.9	2.9	0.0	0.0	0.0	22.1	0.8	1.4	119	1.3	17	100	270	12.2	0.8	0.2	1.1	9.3	23.0	0.1	0.1	0.5	0.4	0.8	0.0	4.7	0
Organic Granola	5.5	409	1710	11.7	15.5	4.5	5.3	4.0	5.2	3.8	0.0	0.0	0.0	60.6	16.5	8.4	41	2.8	107	279	383	9.3	2.1	0.5	2.5	12.3	0.8	0.4	0.1	2.0	0.7	0.2	0.0	3.5	1
Organic Muesli	4.6	381	1605	13.7	9.1	1.2	3.6	3.2	3.5	2.9	0.2	0.0	0.0	64.5	12.9	8.9	43	3.2	130	351	324	8.8	2.7	0.5	3.2	29.8	0.2	0.5	0.1	1.7	0.9	0.2	0.0	2.0	1
Organic Seville Marmalade	44.1	224	952	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	56.0	55.0	1.2	19	0.2	4	6	54	0.6	0.0	0.0	0.0	0.2	19.6	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0
Organic Six Mix Citrus Marmalade	50.3	142	603	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	36.0	33.0	1.4	20	0.2	5	7	72	0.6	0.0	0.0	0.0	0.2	24.6	0.0	0.0	0.2	0.1	0.0	0.0	0.0	85
Org Seville Marmalade with Ginger	43.7	221	938	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	55.1	50.0	1.6	18	0.2	6	7	69	2.0	0.0	0.0	0.0	0.2	18.0	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0
Organic Seville Orange Spread	62.1	156	653	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	41.0	37.3	1.3	22	0.3	6	9	106	3.2	0.0	0.0	0.0	0.2	22.0	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0