



Dehydrated Sweet Jack-fruit

Herali, Dehydrated Sweet Jack-fruit is totally organic and 100% plant based. Natural sweetness is kept during the process of dehydration and therefore the pieces of jack-fruit are ready to be consumed straight off the pack. A nice companion to be mixed with other dried fruits as well as nuts. Once soaked in water for few minutes and diced, ideal to be sprinkled over salads, trifles, cakes or smoothies for a hint of fruitiness and aroma.

Nutritional Facts

Serving size 100g

Amount Per Serving

Energy

95 Cal

% Daily Value*

Total Fat 0.6g

1%

Saturated Fat 0.2g

1%

Trans Fat 0g

0%

Cholesterol 0mg

0%

Sodium 40mg

2%

Total Carbohydrate 24g

8%

Dietary Fiber 1.55g

6%

Sugars 19g

0%

Protein 1.7g

3%

Vitamin A

2.2%

Calcium

2.4%

Potassium 448mg

13%

Vitamin C

22.8%

Iron

1.3%

* Percentage of daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Ingredients

Organic Sweet Jack-fruit

Serving Suggestions as a Dried Fruit

- ✓ With cereal
- ✓ As a snack
- ✓ With other dried fruits
- ✓ As a dessert topping

Benefits

- ✓ High fiber content
- ✓ Rich in Vitamins
- ✓ Rich in Potassium
- ✓ Vegan friendly

Certifications



Sierra Agriventures (Pvt) Ltd

112, Havelock Road

Colombo 00500,

Sri Lanka

+94 11 255 2310

info@sierraagriventures.com

www.sierraagriventures.com