

**Natural World Products
Nutrition Summary Sheet**

28/8/2018

Product Name	Serving Size	Energy Kcal	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Protein (g)	Salt (g)
Natural World - Smooth Almond and Coconut spread	100gr	601	53	9	21	5	11	19	0.02
Natural World - Crunchy Almond and Coconut spread	100gr	601	53	9	21	5	11	19	0.02
Natural World - Smooth Almond butter	100gr	614	56	4	19	4	10	21	0.02
Natural World - Crunchy Almond butter	100gr	614	56	4	19	4	10	21	0.02
Natural World - Smooth Almond Delight Spread	100gr	556	45	3	28	12	10	18	0
Natural World - Crunchy Almond Delight Spread	100gr	569	47	3	26	9	10	19	0
Natural World - Smooth Cashew Butter	100gr	587	49	10	28	0	2	18	0.04
Natural World - Crunchy Cashew Butter	100gr	587	49	10	28	0	2	18	0.04
Natural World - Smooth Hazelnut and Carob spread	100gr	592	55	4	23	7	13	13	0
Natural World - Crunchy Hazelnut and Carob spread	100gr	592	55	4	23	7	13	13	0
Natural World - Smooth Hazelnut butter	100gr	646	62	5	18	5	9	15	0
Natural World - Crunchy Hazelnut butter	100gr	646	62	5	18	5	9	15	0
Natural World - Smooth Macadamia butter	100gr	718	76	12	13	4	8	8	0
Natural World - Crunchy Macadamia butter	100gr	718	76	12	13	4	8	8	0
Natural World - Smooth Pecan and Figs spread	100gr	658	66	5	19	8	9	8	0
Natural World - Crunchy Pecan and Figs spread	100gr	658	66	5	19	8	9	8	0
Natural World - Smooth Pecan Butter	100gr	710	74	6	14	4	9	10	0
Natural World - Crunchy Pecan Butter	100gr	710	74	6	14	4	9	10	0
Natural World - Smooth Pine Nut Butter	100gr	629	61	9	19	0	11	12	0.18
Natural World - Crunchy Pine Nut Butter	100gr	629	61	9	19	0	11	12	0.18
Natural World - Smooth Pistachio butter	100gr	567	45	5	29	8	10	21	0.02
Natural World - Crunchy Pistachio butter	100gr	567	45	5	29	8	10	21	0.02
Natural World - Smooth Smoked Almond spread	100gr	572	50	3	20	4	10	20	4
Natural World - Crunchy Smoked Almond spread	100gr	572	50	3	20	4	10	20	4
Natural World - Coconut Cream	100gr	684	65	57	24	7	16	7	0.09
Natural World - Sesame and Dates spread	100gr	507	38	5	36	17	8	12	0.21
Natural World - Chocolate Halva Spread	100gr	515	38	6	36	14	10	13	0.2