



NUTRITIONAL INFORMATION

Products by Healthy & Affordable

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MUSHROOM IOTA POWDER

INGREDIENTS: Dehydrated mushroom.

High fibre, Fat free, No added sugar, salt-free, 100% Natural saved food

Nutrition Information

	Per 100 g	%Reference Intake RI
Energy	1239 kJ/ 296 kcal	15%
Fat	0,5 g	0%
of which saturates	0.2 g	1%
of which Trans	0 g	0%
Cholesterol	0 mg	0%
Carbohydrate	64 g	25%
of which sugars	2.2 g	2%
Fibre	12 g	-
Protein	9.6 g	19%
Salt	0 g	0%

Sugar content is exclusively due to the presence of naturally occurring sugars.

*Reference Intake (RI) of an average adult is 8400 kJ/2000 kcal. Your RI values may be higher or lower depending on your calorie needs.

ORANGE IOTA POWDER

INGREDIENTS: dried oranges.

*High fibre, No added sugar, Sodium-free, 100% natural,
"sustainable, safe and healthy food produced with food saved from
waste".*

Nutrition Information

	Per 100 g	%Reference Intake RI
Energy	1343 kJ/ 321 kcal	16%
Fat	0 g	0%
of which saturates	0 g	0%
Cholesterol	0 mg	0%
Carbohydrate	82 g	32%
of which sugars	43 g	48%
Fibre	18 g	-
Protein	7 g	14%
Salt	0 g	0%
Calcium	232 mg	29%

Sugar content is exclusively due to the presence of naturally occurring sodium and sugars.

*Reference Intake (RI) of an average adult is 8400 kJ/2000 kcal. Your RI values may be higher or lower depending on your calorie needs.

RED PAPRIKA IOTA POWDER

INGREDIENTS: red bellpeppers.

High fibre, With no added sugar, With no added sodium, Low in sodium, High Vitamin A, Source of calcium, High Iron

Nutrition Information

	Per 100 g	%Reference Intake RI
Energy	1181 kJ/ 282 kcal	14%
Fat	13 g	18%
of which saturates	2.1 g	11%
of which Trans	0 g	0%
Cholesterol	0 mg	0%
Carbohydrate	19 g	7%
of which sugars	10 g	11%
Fibre	35 g	-
Protein	14 g	28%
Salt	0.2 g	3%
Vitamin A	14791 µg	3694%
Calcium	229 mg	29%
Iron	21.1 mg	151%

Salt and sugar content is exclusively due to the presence of naturally occurring sodium and sugars.

*Reference Intake (RI) of an average adult is 8400 kJ/2000 kcal. Your RI values may be higher or lower depending on your calorie needs.

BEETROOT IOTA POWDER

INGREDIENTS: Peeled beetroot.

High fibre, No added sugar, No added salt, Low sodium

Nutrition Information

	Per 100 g	%Reference Intake RI
Energy	1423 kJ / 340 kcal	17%
Fat	1.0 g	1%
of which saturates	0.2 g	1%
Cholesterol	0	0%
Carbohydrate	56 g	22%
of which sugars	56 g	62%
Fibre	23 g	-
Protein	13 g	26%
Salt	2.0 g	33%
Calcium	800 mg	17%
Iron	14 mg	47%

Salt and sugar content is exclusively due to the presence of naturally occurring sodium and naturally occurring sugars.

*Reference Intake (RI) of an average adult is 8400 kJ/2000 kcal. Your RI values may be higher or lower depending on your calorie needs.

GREEN PAPRIKA IOTA POWDER

INGREDIENTS: fresh green bellpeppers.

High fibre, High vitamin C, High Vitamin A, No added sugar, No added salt.

Nutrition Information

	Per 100 g	%Reference Intake RI
Energy	1333 kJ/ 318 kcal	16%
Fat	2.9 g	4%
of which saturates	0.4 g	2%
of which Trans	0 g	0%
Cholesterol	0 mg	0%
Carbohydrate	49 g	19%
of which sugars	36 g	40%
Fibre	20 g	-
Protein	17 g	35%
Salt	0.5 g	8%
Vitamin C	1852 mg	2315%
Vitamin A	1825 µg	456%
Calcium	130 mg	16%
Iron	10 mg	72%

Salt and sugar content is exclusively due to the presence of naturally occurring sodium and sugars.

*Reference Intake (RI) of an average adult is 8400 kJ/2000 kcal. Your RI values may be higher or lower depending on your calorie needs.

DRIED FRUIT AND MIXED NUTS

INGREDIENTS: dried apples, dried bananas, almonds, cashew, pecans, and peanuts.

High fibre, No added sugar, No added salt

Nutrition Information

	Per 100 g	%Reference Intake RI
Energy	120 kcal	20%
Fat	17 g	23%
of which saturates	1.7 g	10%
of which Trans	0 mg	0%
Cholesterol	0 mg	0%
Carbohydrate	50 g	19%
of which sugars	49 g	54%
Fibre	7.0 g	-
Protein	7.0 g	14%
Salt	0.3 g	3%

Salt and sugar content is exclusively due to the presence of naturally occurring sodium and sugars.

*Reference Intake (RI) of an average adult is 8400 kJ/2000 kcal. Your RI values may be higher or lower depending on your calorie needs.