



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V2
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John Lewis Stock Number	Waitrose # 900684
Name	Nutty blends mangoes, pears + almonds
Ingredients	Organic mangoes 67% Organic pears 21% Organic almonds 6% Water 5% Organic lemon juice concentrate (a dash) Other stuff 0%
For allergens, see ingredients in bold	
May contain statements	I may contain other tree nuts
Net Quantity	85g
Country of Origin	Spain
Storage Instructions	Keep me in a cupboard. Once opened, I can be kept in the fridge for up to 48 hours.
Manufacturer's name and address	Ella's Kitchen (Brands) Ltd, 22 Greys Green Farm, Rotherfield Greys, Henley-on-Thames, RG9 4QG
Instructions for use	If your little one is already happy eating and enjoying nuts squeeze me into a bowl or straight onto a spoon, please don't slurp me from the pouch. NEVER put my pouch in the microwave.
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	366kJ/87kcal
Fat	3.5g
Of which saturated	0.4g
Carbohydrate	12.0g
Of which sugars	11.8g
Fibre	0.5g
Protein	1.7g
Salt	<0.01g
Alcoholic Strength	0%
Suitable for vegetarians	Yes
Suitable for vegans	Yes

Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers	Yes
Suitable to wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes
Suitable for soya allergy sufferers	Yes
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes