

INGREDIENTS: Jackfruit, organic wheat gluten, water, beets, tahini, red wine, natural flavors, shitake mushrooms, salt, spices, beet powder, Porcini mushroom, molasses, black pepper, green peppercorns.

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Nutrition Facts	
Per (115 g)	
Calories 200	% Daily Value*
Fat 5 g	7 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Carbohydrate 12 g	
Fibre 2 g	7 %
Sugars 3 g	3 %
Protein 25 g	
Cholesterol 0 mg	
Sodium 940 mg	41 %
Potassium 200 mg	4 %
Calcium 50 mg	4 %
Iron 2.5 mg	14 %
Copper 0.035 mg	4 %
Manganese 0.125 mg	5 %
*5% or less is a little , 15% or more is a lot	

Contains Gluten, Sesame Seeds, Wheat, Sulphites.