

# Nutrition Information Panel (NIP) – Notnuts pastes range



**Product Specifications:** Foods from the Earth mungbean spreadable pastes–Notnuts Butters and Chocolate Spread–are made from mungbean flour milled from heat-treated mungbean.

**Name of supplier:** Foods from the Earth  
17 Enterprise St, Richlands, Queensland, 4077 Australia  
Telephone: +61 7 3363 8400 | Fax: +61 7 3363 8499

**Best before date:** 12 months from date of manufacture

**Directions for storage:** Store in a cool dry place, preferred temperature range 20–24°C

\*Percentage daily intakes are based on average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Nutritional information provided has been calculated from information obtained from Foods from the Earth raw material nutrition analysis, supplier's specifications, and food composition tables using Industry Standard software.

## NOTNUTS SMOOTH BUTTER

**Ingredients:** Mungbean (green bean) flour (54%), coconut fat, non-GM canola oil, sugar, emulsifier (sunflower lecithin), sea salt, starch (from tapioca or maize).

Nutritional information	AVG. QTY. PER SERVE	% DI* PER SERVE	PER 100g
Serving per pack: 25 Serving size: 20 g (1 tablespoon)			
Energy	456kJ	5%	2277kJ
Protein	3.04g	6%	15.21g
Fat – total	6.7g	10%	33.47g
– saturated	3.76g	16%	18.8g
– polyunsaturated	0.7g		3.5g
– monounsaturated	2.2g		11g
– trans	<0.02g		<0.1g
Cholesterol	0mg	0%	0mg
Carbohydrates	8.7g	3%	43.5g
– sugars	2.6g	3%	12.9g
Dietary fibre	0.71g	2%	3.25g
Sodium	88mg	4%	439mg
Folate	34.6µg	17%	173µg
Vitamin A	0.58µg	0%	2.9µg
Vitamin C	0.4mg	1%	2.0mg
Calcium	3.4mg	0%	17mg
Iron	0.4mg	4%	2.0mg

## NOTNUTS CHOCOLATE SPREAD

**Ingredients:** Mungbean (green bean) flour (25%), sugar, non-GM canola oil, coconut fat, **milk solids (9%)**, natural cocoa powder (8%), emulsifier (sunflower lecithin), starch (from tapioca or maize), sea salt, flavour. **Contains milk.**

Nutritional information	AVG. QTY. PER SERVE	% DI* PER SERVE	PER 100g
Serving per pack: 25 Serving size: 20 g (1 tablespoon)			
Energy	458kJ	5%	2290kJ
Protein	2.4g	5%	11.8g
Fat – total	6.9g	10%	34.4g
– saturated	3.4g	14%	16.9g
– polyunsaturated	1.5g		7.5g
– monounsaturated	1.98g		9.9g
– trans	<0.02g		<0.1g
Cholesterol	0mg	0%	0mg
Carbohydrates	9.8g	3%	48.9g
– sugars	5.8g	6%	28.9g
Dietary fibre	0.82g	3%	4.11g
Sodium	14mg	1%	72mg
Folate	16.72µg	9%	83.6µg
Vitamin A	0.58µg	0%	2.9µg
Vitamin C	1.0mg	3%	5.0mg
Calcium	22mg	3%	110mg
Iron	0.66mg	7%	3.3mg

**Allergen statement:** For allergens, see ingredients in bold in the product ingredient declarations

**Country of origin:** Made in Australia using mungbeans (also known as 'green bean') sourced from Australian farms

**Other information:** Peanut and tree nut free | Gluten free | Soy free  
No palm oil | No artificial colours or preservatives | non-GMO

## NOTNUTS SUGAR REDUCED BUTTER

**Ingredients:** Mungbean (green bean) flour (57%), coconut fat, non-GM canola oil, sugar, emulsifier (sunflower lecithin), sea salt, starch (from tapioca or maize).

Nutritional information	AVG. QTY. PER SERVE	% DI* PER SERVE	PER 100g
Serving per pack: 25 Serving size: 20 g (1 tablespoon)			
Energy	456kJ	5%	2277kJ
Protein	3.1g	6%	16.14g
Fat – total	6.7g	10%	33.47g
– saturated	3.76g	16%	18.18g
– polyunsaturated	0.7g		3.5g
– monounsaturated	2.2g		11g
– trans	<0.02g		<0.1g
Cholesterol	0mg	0%	0mg
Carbohydrates	8.5g	3%	42.3g
– sugars	2.0g	2%	10.0g
Dietary fibre	0.82g	2%	3.54g
Sodium	88mg	4%	439mg
Folate	37.76µg	19%	188.826µg
Vitamin A	<3.0µg	0%	<3µg
Vitamin C	0.38mg	1%	1.9mg
Calcium	3.4mg	0%	17mg
Iron	0.5mg	6%	2.5mg

## NOTNUTS CRUNCHY BUTTER

**Ingredients:** Mungbean (green bean) flour (57%), coconut fat, non-GM canola oil, sugar, emulsifier (sunflower lecithin), sea salt, starch (from tapioca or maize).

Nutritional information	AVG. QTY. PER SERVE	% DI* PER SERVE	PER 100g
Serving per pack: 25 Serving size: 20 g (1 tablespoon)			
Energy	456kJ	5%	2246kJ
Protein	3.2g	6%	15.99g
Fat – total	6.3g	9%	31.52g
– saturated	3.36g	14%	16.8g
– polyunsaturated	0.6g		3.2g
– monounsaturated	2.2g		11.1g
– trans	<0.02g		<0.1g
Cholesterol	0mg	0%	0mg
Carbohydrates	9.16g	3%	45.81g
– sugars	2.56g	3%	12.8g
Dietary fibre	0.7g	2%	3.52g
Sodium	82.4mg	4%	412mg
Folate	36.34µg	18%	181.68µg
Vitamin A	0.58µg	0%	2.9µg
Vitamin C	0.4mg	1%	2.0mg
Calcium	3.4mg	0%	17mg
Iron	0.4mg	4%	2.0mg

