



Nutritional Information

Harissa Paste		
Nutrient	Per 100 g	Per 15 ml serving
Energy	977 kJ	195 kJ
Protein	3.3 g	0.7 g
Glycaemic Carbohydrate of which total sugar	14 g 9.9 g	3 g 2.0 g
Total fat of which saturated fat	17.1 g 1.2 g	3.4 g 0.2 g
Total dietary fibre	4.9 g	1.0 g
Sodium	1375 mg	275 mg