



TASTE OF THE Caribbean

NUTRITIONAL INFORMATION

ISLAND SPICED SALAD

Nutrition Facts Valeur nutritive	
Per 1/3 salad (123 g) Pour 1/3 salade (123 g)	
Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 8 g	10 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides 11 g	
Fibre / Fibres 2 g	6 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 340 mg	15 %
Potassium 250 mg	5 %
Calcium 40 mg	3 %
Iron / Fer 0.5 mg	3 %

Ingredients: Cucumber, Pineapple, Kale, Red pepper, Orange peppers, Onions, Jalapeno Peppers

Mango dressing: Mango, Olive oil, Farm Boy Organic Orange Juice (water, organic concentrated orange juice, organic cold pressed orange oil), Lime Juice, Sugars (honey), Ginger, Salt, Black pepper

CHILLED PINEAPPLE COCONUT SOUP

Nutrition Facts Valeur nutritive	
Per 1 cup (250 ml) Pour 1 tasse (250 ml)	
Calories 340	% Daily Value* % valeur quotidienne*
Fat / Lipides 24 g	32 %
Saturated / saturés 19 g + Trans / trans 0 g	93 %
Carbohydrate / Glucides 30 g	
Fibre / Fibres 3 g	9 %
Sugars / Sucres 20 g	20 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 340 mg	15 %
Potassium 350 mg	7 %
Calcium 40 mg	3 %
Iron / Fer 3.5 mg	19 %

Ingredients: Coconut beverage (coconut meat extract, water, carboxymethyl cellulose, xanthan gum), Pineapple, Water, Sugar, Cornstarch, Lime juice, Olive oil, Green and red peppers, Onions, Canola oil, Salt, Cilantro, Jalapeno peppers, Garlic, Black pepper

JERK CHICKEN

Nutrition Facts Valeur nutritive	
Per 1/2 container (375 g) Pour 1/2 contenant (375 g)	
Calories 790	% Daily Value* % valeur quotidienne*
Fat / Lipides 32 g	43 %
Saturated / saturés 8 g + Trans / trans 0.3 g	44 %
Carbohydrate / Glucides 63 g	
Fibre / Fibres 3 g	10 %
Sugars / Sucres 51 g	51 %
Protein / Protéines 58 g	
Cholesterol / Cholestérol 170 mg	
Sodium 350 mg	15 %
Potassium 1700 mg	36 %
Calcium 75 mg	6 %
Iron / Fer 3 mg	17 %

Ingredients: Seasoned chicken breast (chicken, buttermilk (skim milk, guar gum, carrageenan, locust bean gum, salt, bacterial culture), green onions, milk, onions, tamari sauce (water, soybeans, salt, sugar), sugars (Farm Boy Organic Orange Juice (water, organic concentrated orange juice, organic cold pressed orange oil), brown sugar), olive oil, ginger, garlic, cilantro, parsley, thyme, lime juice, allspice, scotch bonnet pepper, black pepper, nutmeg, cinnamon), Roasted plantains (plantains, soybean oil), Green onions

Contains: Milk, Soy

KEEP REFRIGERATED.

Produced in a facility where these common allergens are present: peanuts, tree nuts, sesame, milk, eggs, seafood/fish, soy, wheat/gluten, sulphites, mustard.

TASTE OF THE Caribbean

NUTRITIONAL INFORMATION

CURRIED SWEET POTATO & RICE AND PEAS

Nutrition Facts		Valeur nutritive	
Per 1/2 container (253 g)			
Pour 1/2 contenant (253 g)			
Calories	420	% Daily Value*	% valeur quotidienne*
Fat / Lipides	12 g	16 %	
Saturated / saturés	7 g	35 %	
+ Trans / trans	0 g		
Carbohydrate / Glucides	70 g		
Fibre / Fibres	9 g	31 %	
Sugars / Sucres	7 g	7 %	
Protein / Protéines	10 g		
Cholesterol / Cholestérol	0 mg		
Sodium	740 mg	32 %	
Potassium	700 mg	15 %	
Calcium	150 mg	12 %	
Iron / Fer	4.5 mg	25 %	

Ingredients: Sweet Potato, Basmati rice, Coconut milk (coconut meat extract, water, carboxymethyl cellulose, xanthan gum), Red kidney beans (beans, water, salt, calcium chloride, disodium EDTA), Olive oil, Coconut, Salt, Curry Powder, Parsley, Black pepper, Ginger powder

PINEAPPLE UPSIDE DOWN CAKE

Nutrition Facts		Valeur nutritive	
Per 1/3 cake (108 g)			
Pour 1/3 gâteau (108 g)			
Calories	300	% Daily Value*	% valeur quotidienne*
Fat / Lipides	9 g	13 %	
Saturated / saturés	4 g	19 %	
+ Trans / trans	0 g		
Carbohydrate / Glucides	53 g		
Fibre / Fibres	1 g	5 %	
Sugars / Sucres	36 g	36 %	
Protein / Protéines	3 g		
Cholesterol / Cholestérol	0 mg		
Sodium	340 mg	15 %	
Potassium	150 mg	3 %	
Calcium	30 mg	2 %	
Iron / Fer	1.75 mg	10 %	

Ingredients: Pineapple, Sugars (brown sugar, sugar, icing sugar), Coconut beverage (coconut meat extract, water, carboxymethyl cellulose, xanthan gum), Wheat flour, Canola oil, Cornstarch, Imitation coconut extract, Apple cider vinegar, Salt, Baking soda, Baking powder, Allspice

Contains: Wheat

COCONUT NO CHURN ICE CREAM

Nutrition Facts		Valeur nutritive	
Per 1/2 container (75 ml)			
Pour 1/2 contenant (75 ml)			
Calories	270	% Daily Value*	% valeur quotidienne*
Fat / Lipides	22 g	29 %	
Saturated / saturés	14 g	74 %	
+ Trans / trans	0.5 g		
Carbohydrate / Glucides	16 g		
Fibre / Fibres	0 g	0 %	
Sugars / Sucres	15 g	15 %	
Protein / Protéines	2 g		
Cholesterol / Cholestérol	75 mg		
Sodium	85 mg	4 %	
Potassium	40 mg	1 %	
Calcium	40 mg	3 %	
Iron / Fer	0.4 mg	2 %	

Ingredients: Whipping cream (cream, milk, carrageenan, mono & diglycerides, cellulose gum, polysorbate 80, sodium citrate), Sugars (blue agave nectar), Coconut beverage (coconut meat extract, water, carboxymethyl cellulose, xanthan gum), Imitation coconut extract

(water, propylene glycol, artificial flavours, citric acid, sodium benzoate), Toasted coconut, Salt, Xanthan Gum

Contains: Milk

KEEP REFRIGERATED.

Produced in a facility where these common allergens are present: peanuts, tree nuts, sesame, milk, eggs, seafood/fish, soy, wheat/gluten, sulphites, mustard.