

Soy Nuts



HIGH IN PROTEIN



GLUTEN FREE



CHOLESTEROL FREE

Oja!

FARMS

Oja! Farms Soy Nuts are a healthy snack that packs a mighty crunch!

Soy Nuts are an excellent source of protein, fiber & minerals.

Snack on these whole roasted soybeans straight out of the bag or mix them with nuts and seeds for a tasty trail snack.

Roasted and salted to perfection, this healthy snack is a customer favourite!

The OJA Farm full fat, pre-cleaned, soaked whole roasted soybean are heat treated to change the anti-trypsin and the lipoxigenase enzymes in the soybeans to produce an excellent nutty tasting product with no beany or grassy aftertaste.

STORE IN A COOL DRY PLACE.
ONCE OPENED, STORE IN AN
AIRTIGHT CONTAINER.



Product of South Africa

Fruit Chutney

Available in 50 g, 300 g & 500 g:

SIZE	BARCODE
50 g	0606110301183
300 g	0606110301473
500 g	0606110301190



TYPICAL NUTRITIONAL INFORMATION

Serving size: 50 g

	PER 100 g	PER 50 g
Energy	1 600 kJ	800 kJ
Protein	36 g	18 g
Carbohydrate	29 g	15 g
of which Total Sugar	5,0 g	2,5 g
Total Fat	21,0 g	10,5 g
of which Saturated Fat	3,0 g	1,5 g
of which Trans Fat	0,0 g	0,0 g
of which Monounsaturated Fat	4,8 g	2,4 g
of which Polyunsaturated Fat	12,2 g	6,1 g
Cholesterol	0 g	0 g
Dietary Fibre**	17,8 g	8,9 g
Total Sodium	700,0 mg	350,0 mg

INGREDIENTS: Roasted Soya Beans, Salt, Maize Flour, Acidifiers (E262, E330), Sugar, Vegetable Powder (Onion, Garlic), Flavour Enhancer (Monosodium Glutamate – E621, E635), Permitted Colourants (E150a, E110), Non-nutritive Sweetener (E952), Vegetable Oil, Orange Powder, Free Flowing Agent (E551), Permitted Flavourants, Herbs & Spices (Celery), Extracts of Herbs & Spices, Hydrolysed Vegetable Protein (Soya).

ALLERGENS: Soya Beans, Hydrolyzed Vegetable Protein (Soya), Added Monosodium Glutamate (E621)

Salt & Vinegar

Available in 50 g, 300 g & 500 g:

SIZE	BARCODE
50 g	0606110301206
300 g	0614143121999
500 g	0606110301213



TYPICAL NUTRITIONAL INFORMATION

Serving size: 50 g

	PER 100 g	PER 50 g
Energy	1 600 kJ	800 kJ
Protein	36 g	18 g
Carbohydrate	29 g	15 g
of which Total Sugar	5,0 g	2,5 g
Total Fat	21,0 g	10,5 g
of which Saturated Fat	3,0 g	1,5 g
of which Trans Fat	0,0 g	0,0 g
of which Monounsaturated Fat	4,8 g	2,4 g
of which Polyunsaturated Fat	12,2 g	6,1 g
Cholesterol	0 g	0 g
Dietary Fibre**	17,8 g	8,9 g
Total Sodium	800,0 mg	400,0 mg

INGREDIENTS: Roasted Soya Beans, Salt, Acidifiers (E262, E330), Maize Flour, Sugar, Free Flowing Agent (E551), Flavour Enhancer (E635), Vegetable Oil.

ALLERGENS: Soya Beans

Chakalaka

Available in 50 g, 300 g & 500 g:

SIZE	BARCODE
50 g	0700083917010
300 g	0606110301466
500 g	0700083917027



TYPICAL NUTRITIONAL INFORMATION

Serving size: 50 g

	PER 100 g	PER 50 g
Energy	1 600 kJ	800 kJ
Protein	36 g	18 g
Carbohydrate	29 g	15 g
of which Total Sugar	5,0 g	2,5 g
Total Fat	21,0 g	10,5 g
of which Saturated Fat	3,0 g	1,5 g
of which Trans Fat	0,0 g	0,0 g
of which Monounsaturated Fat	4,8 g	2,4 g
of which Polyunsaturated Fat	12,2 g	6,1 g
Cholesterol	0 g	0 g
Dietary Fibre**	17,8 g	8,9 g
Total Sodium	700,0 mg	350,0 mg

INGREDIENTS: Roasted Soya Beans, Salt, Maize Flour, Herbs & Spices, Vegetable Powder (Onion, Garlic), Flavour Enhancer (Monosodium Glutamate – E621), Sugar, Non-nutritive Sweetener (E952), Acidifier (E262), Extracts of Herbs & Spices, Permitted Colourants (Mustard), Free Flowing Agent (E551), Vegetable Oil.

ALLERGENS: Soya Beans, Mustard, Added Monosodium Glutamate (E621)

Beef

Available in 50 g, 300 g & 500 g:

SIZE	BARCODE
50 g	0700083916990
300 g	0606110301459
500 g	0700083917003



TYPICAL NUTRITIONAL INFORMATION

Serving size: 50 g

	PER 100 g	PER 50 g
Energy	1 600 kJ	800 kJ
Protein	36 g	18 g
Carbohydrate	29 g	15 g
of which Total Sugar	5,0 g	2,5 g
Total Fat	21,0 g	10,5 g
of which Saturated Fat	3,0 g	1,5 g
of which Trans Fat	0,0 g	0,0 g
of which Monounsaturated Fat	4,8 g	2,4 g
of which Polyunsaturated Fat	12,2 g	6,1 g
Cholesterol	0 g	0 g
Dietary Fibre**	17,8 g	8,9 g
Total Sodium	600,0 mg	300,0 mg

INGREDIENTS: Roasted Soya Beans, Maize Flour, Salt, Sugar, Maltodextrine, Acidifiers (E262, E330), Flavour Enhancer (Monosodium Glutamate – E621), Garlic Powder, Permitted Colourants (E155, E150a, E122), Non-nutritive Sweetener (E952), Hydrolysed Vegetable Protein (Soya), Yeast Extract, Free Flowing Agent (E551), Permitted Flavourants, Vegetable Oil.

ALLERGENS: Soya Beans, Hydrolyzed Vegetable Protein (Soya), Added Monosodium Glutamate (E621)

Plain

Available in 50 g, 300 g & 500 g:

SIZE	BARCODE
50 g	0700083916976
300 g	0606110301442
500 g	0700083916983



TYPICAL NUTRITIONAL INFORMATION

Serving size: 50 g

	PER 100 g	PER 50 g
Energy	1 600 kJ	800 kJ
Protein	36 g	18 g
Carbohydrate	29 g	15 g
of which Total Sugar	5,0 g	2,5 g
Total Fat	21,0 g	10,5 g
of which Saturated Fat	3,0 g	1,5 g
of which Trans Fat	0,0 g	0,0 g
of which Monounsaturated Fat	4,8 g	2,4 g
of which Polyunsaturated Fat	12,2 g	6,1 g
Cholesterol	0 g	0 g
Dietary Fibre**	17,8 g	8,9 g
Total Sodium	10,0 mg	5,0 mg

INGREDIENTS: Roasted Soya Beans

ALLERGENS: Soya Beans