

This sticky delicious pineapple jam is extra decadent with a splash of Rum. Spread over your favourite bread or dessert. Refrigerate after opening.

Head to our website to experience our full range of over 30 deliciously decadent products.  
[www.langsgourmet.com.au](http://www.langsgourmet.com.au)

Lang's Gourmet Est. 1987  
1/41 Neumann Rd Capalaba QLD 4157  
Ph: 3820 0000



Made in Australia  
from 98% Australian  
ingredients



## Pineapple Rum Jam

ALL NATURAL INGREDIENTS  
**GLUTEN FREE** 215g

**INGREDIENTS:** sugar, pineapple, fruit pectin (E440), Bundaberg Rum (less than 1%), citric acid (E330), spices.

*Made from the freshest & finest ingredients with a sprinkle of our Lang's Gourmet love*

### NUTRITION INFORMATION

Servings per package: 15

Serving size: 15g

| Per          | Serving  | 100g     |
|--------------|----------|----------|
| Energy       | 198.84kJ | 1325.6kJ |
| Protein      | 0.06g    | 0.41g    |
| Fat, total   | 0.01g    | 0.05g    |
| - saturated  | 0.00g    | 0.00g    |
| Carbohydrate | 11.56g   | 77.04g   |
| - sugars     | 11.55g   | 77.00g   |
| - sodium     | 11.55g   | 77.00g   |

Product Code: AS2.08

Best before: