



Variety and Versatility
Berries At Their BEST
Worlds Best Berries

Products



Rhubarb

Pack Sizes
10 x 1Kg

Rhubarb, or "pie plant" is prized for use in pies, tarts, and sauces. Rhubarb is 95% water and is a fair source of potassium with minor amounts of vitamins and is low in sodium. Rhubarb's crisp sour stalks are rich in vitamin C, dietary fibre, and calcium. Rhubarb is quite acidic and this is usually offset by the use of sugar.

Nutritional analysis per 100g frozen Rhubarb

Energy 271kj (65 kcal) 100g

Available Carbohydrate 1.0g/100g

Protein 0.6g/100g

Total Available Sugars 1.0g/100g

Total Fat Trace

*Source The Concise New Zealand Food Composition Tables 3rd edition

