

Cherky®

ORGANIC SNACKS 100% NATURAL

*high protein
no sugar
no additives*

AWARDED BY:
MensHealth



CERTIFICADO ECOLÓGICO



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IT'S VERY SIMPLE: IF YOU EAT WELL, YOU FEEL BETTER

Our mission is to offer 100% natural, honester and more sustainable products, we achieve that in two ways:

- produce highly nutritious products without using preservatives, nitrates, additives or sugar (we only use organic honey for our jerky).
- ensure that animals we use are raised in a responsible and sustainable way.

We believe in the power of natural ingredients and we know that other food industry is possible.



ORGANIC AGRICULTURE

We are aware of the great responsibility we have as a company.

Organic farming certifies animal welfare at the same time that limits the livestock load and its impact on the environment.

Organic farming not only guarantees a superior quality compared to intensive agriculture, it also ensures healthier products for human consumption. A much more responsible and sustainable production that has a positive impact on the soil.

Organic meat provides:

- More protein
- 3 to 5 times more linoleic acid
- 7 times more beta-carotene (Vitamin A)
- 5 times more Omega3



R&D: FLAVOUR & NUTRITION

Developing very minimally processed products, without additives, that are both good and nutritious has not been easy, but we have succeeded.

Thanks to hundreds of tests in our kitchen and to an agreement with a Technology Centre we have been able to achieve the flavours and textures we were looking for.

An effort that has been worth it.



PYME INNOVADORA



AENOR



ECO · PORK JERKY

Since we launched Cherky, you have asked us to make more traditional snacks.

The truth is that being a Spanish brand, we can understand it: who doesn't love chorizo and spanish ham?

Our ECO Pork Jerky is a snack inspired by these two rockstar products of Spanish gastronomy but always following the values of any Cherky product: clean ingredients of the highest quality, flavor and nutrition.

Our organic Chorizo and Cured Ham snacks are made with meat from certified organic producers. This ensures the highest animal welfare, the sustainability of the farms and the biodiversity of the environment.

Available in two versions ECO Chorizo Jerky and ECO Ham Jerky

- Organic Pork
- High in protein
- Low in carbohydrates
- Keto Friendly
- Only natural ingredients
- No refined sugars
- No preservatives, nitrites or colourings
- Gluten and lactose free
- GMO free





ECO · PORK JERKY

spanish ham

A sustainable snack without preservatives, nourishing and that tastes like Spanish Ham.

We only use 4 ingredients to make Organic Ham Jerky: free-range pork, salt, white pepper and... chunks of cured ham!

As always, we have chosen the healthiest option to develop our products. Instead of using aromas or flavorings, we use real ham to make this Jerky. Of course organic cured ham without preservatives.

We are very happy with the result, we hope you enjoy it.

INGREDIENTS:

Selected lean pork* (180g of pork used to obtain 100g of product), cured ham* (ham and salt) 12,8%, sea salt, white pepper*.

***Ingredients from organic agriculture.**

Allergens in bold, it might contain sesame, soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	30g
Energy	437kcal / 1814kJ	131kcal / 544kJ
Fats	34,00g	10,20g
of which saturated	13,90g	4,17g
Carbohydrates	<0,50g	<0,15g
of which sugars	<0,50g	<0,15g
Protein	32,70g	9,81g
Salt	3,00g	0,90g

FORMAT **30g**



FORMAT **30g**

ECO · PORK JERKY

chorizo

Organic Chorizo Jerky is based on the traditional Rioja chorizo recipe.

We only use certified organic meat, which we mix with fresh garlic, paprika, sea salt and a touch of pepper.

Once the meat has been marinated, we cook it at a low temperature.

The result is a healthy, sustainable and tasty snack. A unique and innovative product that makes it easy for you to eat well anytime, anywhere.

INGREDIENTS:

Selected lean pork* (182g of pork used to obtain 100g of product), smoked paprika*, sea salt, fresh garlic*, white pepper*.

***Ingredients from organic agriculture.**

Allergens in bold, it might contain sesame, soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	30g
Energy	406kcal / 1687kJ	121kcal / 506kJ
Fats	29,40g	8,82g
of which saturated	11,80g	3,54g
Carbohydrates	4,85g	1,45g
of which sugars	1,33g	0,40g
Protein	30,50g	9,15g
Salt	2,10g	0,63g

ECO · BILTONG CUTS

Air dried beef slices.

Over time we have been improving the techniques and achieving true delicacies that allow us to enjoy charcuterie, hams, cured meats...

The ECO Cherky Cuts are inspired by traditional curing techniques such as ham, bresaola or biltong to offer you an incredibly tasty and nutritious snack.

Simple things sometimes work best. We select the best lean cuts of organic beef, season them with spices, salt and vinegar and then we cure them very slowly in the traditional way.

The result is slices that are very tender, very tasty and full of nutrition:

- Organic Beef
- **High in protein**
- Traditional Air-dried
- Low in fat
- Low in calories
- Only organic ingredients
- No sugars or sweeteners
- No preservatives, no nitrites, no colorants
- Gluten and lactose free
- **Suitable for low-carb and keto diets**





FORMAT **30g**

ECO · BILTONG CUTS

classic

Organic, pasture-raised beef, spices and patience. These are the ingredients of a winning recipe.

With the Cherky ECO Cuts Classic you can enjoy a healthy, sustainable snack with a traditional flavor that you will love.

Have you seen the ingredients list? You won't find anything nasty, we don't use preservatives, additives or sugar.

If you're looking for low-carb options or quality protein sources, it will be hard to find a better option.

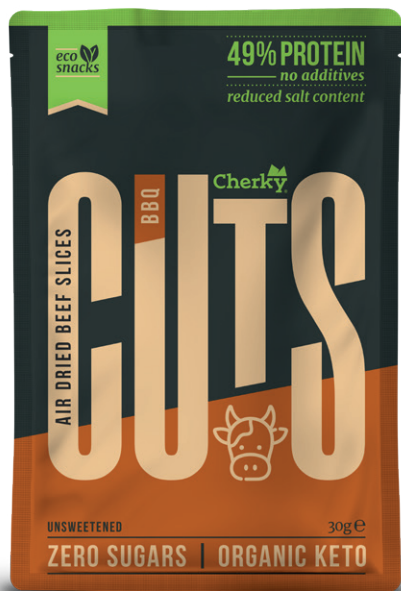
INGREDIENTS:

Selected lean beef cuts* 94.10% (used 220 g of beef to obtain 100g of product), apple cider vinegar *, sea salt, garlic powder *, onion powder * black pepper *, coriander * white pepper.

**Ingredients from organic agriculture.*

Allergens in bold, it might contain sesame, soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	30g
Energy	263kcal / 1099kJ	79kcal / 330kJ
Fats	4,56g	1,37g
of which saturated	2,03g	0,61g
Carbohydrates	2,73g	0,82g
of which sugars	1,46g	0.43g
Protein	50,48g	15,14g
Salt	2,20g	0,66g



FORMAT **30g**

ECO · BILTONG CUTS

bbq

When you combine the incredible texture of slow air-dried beef with smoked paprika and spices, what can go wrong?

The Cherky ECO Cuts BBQ combines in a very subtle way everything we love about a good barbecue meat but without sugar.

Like the rest of our organic products, the Cherky ECO Cuts BBQ are organic certified, which ensures the high quality of life our animals enjoy and that all the ingredients have been sustainably produced to the highest quality standards.

INGREDIENTS:

Selected lean beef cuts* 93.85% (used 222g of beef to obtain 100g of product), apple cider vinegar*, sea salt, smoked paprika *, onion powder*, garlic powder*, coriander*, black pepper*, white pepper*, oregano*.

**Ingredients from organic agriculture.*

Allergens in bold, it might contain sesame, soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	30g
Energy	254kcal / 1062kJ	77kcal / 319kJ
Fats	4,12g	1,23g
of which saturated	1,81g	0,54g
Carbohydrates	2,28g	0,68g
of which sugars	1,20g	0,36g
Protein	49,81g	14,94g
Salt	2,45g	0,73g

ECO · BEEF JERKY

Beef slices marinated and cured.

This is one of the most consumed snacks in the world for a reason. We were the first company selling it in Spain.

Our ECO Beef Jerky is a minimally processed product made from selected organic beef lean cuts. We add spices and other ingredients before we cure them at low temperature, that is it.

We have improved the texture of traditional jerky, our ECO Beef jerky is juicier and more tender.

- Organic beef
- **High in protein**
- Low fat
- Low in calories
- Only natural ingredients
- Without refined sugars
- Preservative-free, nitrite-free
- Gluten and lactose free

Awarded by Men's Health magazine.





FORMAT **30g**

ECO · BEEF JERKY *original*

We start with an Organic beef that has eaten grass and has been raised in the mountains. We do not want to fade away the natural flavour of such magnificent meat and we have only added the least ingredients to enhance it.

Our ECO Beef Jerky Original with a bold flavour that makes clear that you are eating what the label says. Very few top quality ingredients and a tender texture.

Like all Cherky products you could not find any artificial additives, nitrates or refined sugar.

INGREDIENTS:

Selected lean beef cuts* 94,63% (222g of beef used to get 100g of finished product), honey*, sea salt, onion*, garlic*, black pepper*.

**Ingredients from organic agriculture.*

Allergens in bold, it might contain sesame, soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	30g
Energy	279kcal / 1177kJ	83kcal / 353kJ
Fats	5,77g	1,73g
of which saturated	2,49g	0,75g
Carbohydrates	4,15g	1,25g
of which sugars	4,15g	1,25g
Protein	52,50g	15,75g
Salt	1,80g	0,54g



FORMAT **30g**

ECO · BEEF JERKY

honey & mustard

Top quality meat, organic and pasture raised, ingredients you understand and a minimal making process.

We worked hard to achieve a much more tender texture than traditional jerky.

For this ECO Beef jerky we use one of the classic flavour blends in cuisine. The honey and the mustard work nicely to boost the natural flavour of organic beef.

INGREDIENTS:

Selected lean beef cuts* 88,16% (222g of beef used to get 100g of finished product), honey* 3,53%, **mustard sauce*** 3,53% (cider vinegar*, **mustard seeds***, sea salt, turmeric*), apple vinegar*, sea salt, onion*, garlic*.

**Ingredients from organic agriculture.*

Allergens in bold, it might contain sesame, soy, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	30g
Energy	287kcal / 1213kJ	83kcal / 351kJ
Fats	7,00g	2,10g
of which saturated	2,92g	0,88g
Carbohydrates	7,50g	2,25g
of which sugars	7,50g	2,25g
Protein	48,60g	14,58g
Salt	3,10g	0,93g



FORMAT **30g**

ECO · BEEF JERKY

teriyaki

As in every ECO Beef Jerky Recipe recipe we aimed for a tender product with a very balanced taste that respects the natural flavour of organic beef.

To make the ECO Beef Teriyaki we use organic tamari sauce. Doing so we avoid to use any gluten and the GMO soy, glutamate or pesticides present in most soy sauces in the market.

Awarded by Men's Health magazine.

INGREDIENTS:

Selected lean beef cuts* 82,80% (222g of beef used to get 100g of finished product), **tamari sauce*** (soy*, water, sea salt, Koji*) honey*, tomato paste*, apple vinegar*, onion*, garlic*, sea salt, white pepper*.

***Ingredients from organic agriculture.**

Allergens in bold, it might contain sesame, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	30g
Energy	272kcal / 1146kJ	81kcal / 343kJ
Fats	6,38g	1,91g
of which saturated	2,76g	0,83g
Carbohydrates	10,03g	3,01g
of which sugars	6,14g	1,84g
Protein	43,50g	13,05g
Salt	3,00g	0,90g

ECO · SUPERBITES

Crunchy oven baked snack made with nuts, meat and superfoods.

The best meat combined with the best of the vegetable kingdom in one product. We put together the protein quality of organic beef and pork lean cuts with the well known benefits of nuts and the nutritional properties from superfoods.

A product from organic agriculture very tasty, highly nourishing and with a surprisingly light crunchy texture.

Organic nuts have to be grown without pesticides, GMO, synthetic fertilizers or radiation.

The meat we use in this snack is organic as well, which ensures animal welfare and a sustainable impact in the environment.

- Organic beef and pork
- **Organic nuts and superfoods**
- High in protein
- High in monounsaturated fats
- Crunchy texture
- No added sugar
- Additives free, nitrates free
- Gluten and lactose free





FORMAT **30g**

ECO · SUPERBITES

beef, walnuts, tomato y chia

Cherky Eco Superbites are crunchy oven baked snacks that combine nuts, premium quality meat and superfoods, sounds good?

The ingredient list makes clear that this is not your average snack: beef, walnuts, chia, sesame, tomato, dates... baked to get a beautiful golden brown color and the mouthwatering crispy texture.

On top of that all these ingredients are from organic producers, which guarantees even healthier products.

INGREDIENTS:

Lean beef cuts* 53,22% (169g of beef used to get 100g of product), hazelnuts*, walnuts* 7,53%, cashews*, dried tomato* 5,02%, sesame seeds*, chia seeds* 2,51%, dates*, raisins*, sea salt.

**Ingredients from organic agriculture.*

Allergens in bold, it might contain soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	30g
Energy	390kcal / 1630kJ	117kcal / 489kJ
Fats	22,50g	6,75g
of which saturated	2,68g	0,80g
Carbohydrates	8,50g	2,55g
of which sugars	7,93g	2,38g
Protein	38,40g	11,52g
Salt	1,90g	0,57g



FORMAT **30g**

ECO · SUPERBITES

pork, pistachio, sweet potato & turmeric

Sweet potato, organic pork, pistachios, pumpkin seeds, turmeric... with these ingredients they had to be called superbites.

Cherky ECO Superbites are a very different kind of snack. Savoury, crunchy, highly nourishing, a snack that enhances the best qualities of animal protein with the health benefits from organic nuts and superfoods.

INGREDIENTS:

Selected lean pork cuts* 49,4% (172g of pork used to get 100g of product), **cashews***, **almonds***, sweet potato 6,99%*, **pumpkin seeds***, chía seeds*, **pistachio*** 2,80%, garlic*, sea salt, turmeric* 0,62%.

**Ingredients from organic agriculture.*

Allergens in bold, it might contain sesame, soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	30g
Energy	381kcal / 1591kJ	114kcal / 477kJ
Fats	21,10g	6,33g
of which saturated	5,50g	1,65g
Carbohydrates	8,96g	2,69g
of which sugars	7,16g	2,15g
Protein	38,60g	11,58g
Salt	1,70g	0,51g

ECO · STICKS *charcuterie snack*

Cherky ECO Sticks are our version of traditional charcuterie: Organic, snack size and with quite superior nutritional values.

These are the main features of our charcuterie snack:

- Organic beef and pork
- Higher protein (43% beef stick)
- Much less fat (14,6% beef stick)
- Natural casing
- No added sugar
- No preservatives, nitrates or colourants
- Gluten and lactose free





ECO - PORK STICK

chorizo

Chorizo is one of the most international Spanish flavours, who can be surprised?

Maybe the first thing you notice is how much lighter than traditional charcuterie it is. Our chorizo stick has half of the fat.

If you love traditional flavours this is your product. we only use iberian pork loin and pork belly, garlic, salt, “De la Vera” smoked paprika... and the recipe of the famous Chorizo from La Rioja. What else can you ask for?

INGREDIENTS:

Pork loin and selected lean cuts* (208g of pork used for 100g of finished product), De la Vera paprika*, sea salt, fresh garlic*, lamb natural casing.

**Ingredients from organic agriculture.*

Allergens in bold, it might contain sesame, soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	25g
Energy	334kcal / 1396kJ	83kcal / 349kJ
Fats	22,70g	5,68g
of which saturated	8,55g	2,14g
Carbohydrates	3,23g	0,81g
of which sugars	2,17g	0,54g
Protein	40,33g	10,08g
Salt	4,92g	1,23g

FORMAT **25g**



FORMAT **25g**

ECO · BEEF STICK

black garlic & shiitake

This is the favourite flavour of our more foodies customers. The shiitake, the black garlic and the sesame seeds combine and enhance perfectly the beef with a subtle and elegant umami flavour.

The result is a product with the texture and flavour of a gourmet product but with superior nutritional values made with ingredients you can buy in the grocery store.

INGREDIENTS:

Selected beef cuts* (222g of beef used for 100g of finished product), **sesame seeds***, sea salt, shiitake*, black garlic*, natural lamb casing.

****Ingredients from organic agriculture.***

Allergens in bold, it might contain soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION

	100g	25g
Energy	308kcal / 1292kJ	77kcal / 323kJ
Fats	14,60g	3,65g
of which saturated	5,58g	1,40g
Carbohydrates	1,02g	0,26g
of which sugars	1,01g	0,25g
Protein	43,23g	10,81g
Salt	4,42g	1,11g



FORMAT **25g**

ECO · BEEF STICK

teriyaki

The ECO Beef Teriyaki Sticks are a traditionally air-dried sausage snack made with only natural ingredients.

The gluten-free organic tamari sauce adds an oriental touch that enhances the final flavor of the product.

Unlike other brands, we use no sugars, starches, enhancers or curing agents. At Cherky we believe that achieving the highest quality product is impossible without the highest quality, clean ingredients.

INGREDIENTS:

Selected beef cuts* (222g of beef used to obtain 100g of product), **tamari sauce*** (soya*, water, sea salt, koji*), sea salt, fresh garlic*, tomato paste*, smoked paprika*, onion powder* and natural lamb casing.

***Ingredients from organic agriculture.**

Allergens in bold, it might contain soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	25g
Energy	273kcal / 1142kJ	68kcal / 286kJ
Fats	6,79g	1,70g
of which saturated	3,31g	0,83g
Carbohydrates	2,69g	0,67g
of which sugars	1,78g	0,45g
Protein	50,30g	12,58g
Salt	2,50g	0,63g

ECO · MEAT BARS

Organic protein bars with meat, fruit and vegetables.

Not everything we see in a bar shape is healthy. Most bars are ultra-processed products full of sugars, low quality fats and additives.

That's something we wanted to change and that's why we created a completely different protein bar. So much so that these bars won the Meat Attraction's Acelera award as the most innovative product in the sector.

We believe that making a nourishing product without top quality ingredients is not possible.

To make these bars we use the best cuts of organic beef and pork combined with apples, dates, beetroot, cranberries, vinegar, mustard, spices....

- Organic ingredients
- One of the highest protein content on the market
- Lower in fat and calories than most snack bars
- No added sugars
- With prebiotic fiber
- No preservatives, no nitrites, no coloring agents
- Sustainably raised free-range organic pork and beef
- Gluten and lactose free





ECO · BEEF BAR

spanish BBQ

We love homemade barbecue sauce, the smokiness, sweet and sour from the tomato and spices work really well with any grilled meat.

For this bar we have used ingredients that evoke those flavors in a very balanced way without using added sugars or aromas.

This organic beef and veggies bar offers you a really different high protein snack with quality carbs.

INGREDIENTS:

Beef 73.6%* (188g of beef used to obtain 100g of product), chicory inulin* (vegetable fiber), dates*, apple cider vinegar*, dried tomato*, sea salt, onion powder*, paprika smoked*, garlic powder*, white pepper*.

***Ingredients from organic agriculture.**

Allergens in bold, it might contain soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	35g
Energy	369kcal / 1546kJ	129kcal / 541kJ
Fats	1,73g	0,61g
of which saturated	0,77g	0,27g
Carbohydrates	26,30g	9,21g
of which sugars	23,60g	8,26g
Protein	29,28g	10,25g
Salt	2,47g	0,86g

FORMAT **35g**



ECO · BEEF BAR

beetroot & cranberries

Organic beef from the Pyrenees with beetroot and cranberries.

This combination of ingredients works amazingly well. Certainly it is not just another snack bar.

This is one of the shortest (and most recognisable) ingredient lists you can find in any protein bar.

INGREDIENTS:

Beef 73.7%* (188g of beef for 100g of product), chicory inulin* (vegetable fibre), cranberries* 6.8% (cranberries*, apple juice*, sunflower oil*), beetroot* 1.69%, sea salt, apple cider vinegar*, white pepper*.

***Ingredients from organic agriculture.**

Allergens in bold, it might contain soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	35g
Energy	270kcal / 1145kJ	95kcal / 401kJ
Fats	3,30g	1,16g
of which saturated	1,31g	0,46g
Carbohydrates	27,46g	9,61g
of which sugars	17,95g	6,28g
Protein	32,60g	11,41g
Salt	2,05g	0,72g

FORMAT **35g**



ECO - PORK BAR

apple & mustard

Gourmet inspiration for our organic pork bar with apple with mustard.

The rich flavor from free-range organic pork is enhanced by the sweet and sour notes of apple and mustard.

Like all our other bars, they contain no added sugars or additives such as MSG or curing agents.

INGREDIENTS:

Selected lean pork 74,88%* (158g of pork used to obtain 100g of product), chicory inulin* (vegetable fibre), dates*, dried apple 1,45%*, sea salt, mustard sauce 0,5%* (water, cider vinegar*, mustard seeds*, sea salt), apple cider vinegar*, onion powder*, garlic powder*, white pepper*.

***Ingredients from organic agriculture.**

Allergens in bold, it might contain soy, mustard, celery and nuts traces.

NUTRITIONAL INFORMATION	100g	35g
Energy	439kcal / 1835kJ	154kcal / 642kJ
Fats	14,77g	5,17g
of which saturated	5,81g	2,03g
Carbohydrates	21,94g	7,68g
of which sugars	19,85g	6,95g
Protein	27,05g	9,47g
Salt	2,12g	0,74g

FORMAT **35g**

KETO BARS

Low carb protein bars with collagen, mct, nuts and no added sugar.

The first Cherky sweet snack!

After more than two years of testing and refining, we are finally launching our keto bars. A highly nourishing snack for anybody out there looking for an indulgent low-carb treat without any sugar or weird ingredients.

It's not easy to find a bar with good macros and such a clean list of ingredients. However, you'll probably love the taste and texture of our collagen bars with MCTs the most.

Available in two flavors: Peanut, Chocolate & Sea Salt and Roasted Almond & Cinnamon.

Features:

- **Hydrolysed beef collagen protein:** The most abundant protein in our body and highly bioavailable. With a unique amino acid profile that can support hair, skin, nails, joints, ligaments and other connective tissues.

- **Cocoa butter:** Provides chocolate flavour and texture as well as antioxidants.
- **Monounsaturated fatty acids:** healthy fats from nuts.
- **With organic MCTs:** These medium-chain triglycerides obtained from organic coconut oil boost energy and are a source of quick energy that promotes mental clarity.
- **High in prebiotic fibre:** Improves your gut health.
- **High in protein**
- **Keto/ Low Carbohydrate**
- **No added sugar**
- **Gluten and lactose free**
- **High in healthy fats**
- **No preservatives**
- **GMO free**

*Because of the cocoa butter and clean ingredient list, the Cherky Keto Bars may melt a little during transport during the summer months, especially if you live in a warmer climate. If this happens, simply pop your Cherky Keto Bars in the fridge for one hour and they will spring back into shape. Try to keep them out of direct sunlight and keep them in a cool, dry place. We recommend treating them like any other chocolate bar.



FORMATO **45g**

KETO BAR

peanut, chocolate & sea salt

Chocolate and peanut butter... What can possibly go wrong?

A duo of flavors forever united like yin and yang that you can't get enough of. The sea salt flakes enhance every bite.

A delicious treat that is also a great source of protein, healthy fats and fiber.

INGREDIENTS:

Roasted peanuts (41,3%), hydrolyzed bovine collagen (16.3%), cocoa butter, inulin, dark couverture chocolate with sweetener: cocoa 60% minimum [cocoa mass, sweeteners: erythritol and steviol glycosides, cocoa butter, inulin, defatted cocoa powder, emulsifier lecithin (sunflower), natural vanilla flavouring] (8.3%), humectant: erythritol, defatted cocoa powder, organic coconut MCT powder (3,9%) [organic coconut medium-chain triglycerides (c8, c10) (70%), thickener: organic acacia gum], emulsifier: sunflower lecithin, sea salt (0,5%), starter. May contain traces of gluten, egg, milk, soy, other nuts, sesame seeds, sulfites and/or derivatives thereof.

NUTRITIONAL VALUE	100g	45g
Energy	2017 kJ / 487 kcal	907 kJ/ 219 kcal
Fats	33,90g	15,26g
of which saturated	16,90g	7,61g
Carbohydrates	16,20g	7,29g
of which sugars	2,30g	1,04g
of which polyols	8,60g	3,87g
Dietary fiber	15,40g	6,93g
Protein	28,40g	12,78g
Salt	0,70g	0,32g



FORMATO **45g**

KETO BAR

roasted almond & cinnamon

A delicate, crunchy texture that melts in your mouth and reminds you of a nougat or almond biscuit.

A bar made to enjoy while taking care of your macros and your health. A snack with no added sugars, easily digestible and that will really take the edge off your hunger without raising your blood sugar levels.

We recommend NOT to try this bar with a great cup of coffee, it is highly addictive.

INGREDIENTS:

Roasted almond (25.4%), hydrolyzed bovine collagen (21.7%), cocoa butter, roasted peanut, inulin, humectant: erythritol, organic coconut MCT powder (3.6%) [organic coconut medium chain triglycerides (c8, c10) (70%)], thickener: organic gum acacia], emulsifier: lecithin (sunflower), sea salt, cinnamon powder (0.7%), ferment. May contain traces of gluten, egg, milk, soy, other nuts, sesame seeds, sulfites and/or derivatives thereof.

NUTRITIONAL VALUE	100g	45g
Energy	2101 kJ / 507 kcal	945 kJ/ 228 kcal
Fats	39,10g	17,60g
of which saturated	17,00g	7,65g
Carbohydrates	12,40g	5,58g
of which sugars	2,00g	0,90g
of which polyols	8,90g	4,01g
Dietary fiber	14,00g	6,30g
Protein	28,30g	12,74g
Salt	0,97g	0,44g

ECO - PLANT BASED JERKY

At Cherky we have always tried to make the cleanest and healthiest products we possibly can, but we felt we were in debt with people who want to increase their fruit and vegetable intake.

We didn't want to be just another extruded soy snack, so we have created a plant based snack from scratch following our philosophy: simple organic ingredients, taste and nutrition.

Who better than us to create a 100% plant based snack that reminds us of a traditional beef jerky?

After a lot of time and testing we have succeeded in launching a product that we are very proud of.

Our ECO Plant Based Jerky is a very tasty vegetable high in protein snack thanks to the umami provided by the shiitake mushrooms or the tamari sauce and with a pleasant meaty texture.

This snack provides an impressive nutritional properties (+ benefits of shiitake):

- **16% vegetable protein**
- Low in net carbs
- High in prebiotic fibre
- Zero sugars
- Made with Extra Virgin Olive Oil
- Seed oil free
- No preservatives or preservatives
- Gluten free
- Lactose free
- **Suitable for diabetics, low carbohydrate diets, vegetarians and vegans.**



eco
snacks

VEGAN

AGRICULTURA ECOLÓGICA
CPAER
ES-ECO-035-RI
CONSEJO DE LA PRODUCCIÓN



ES-ECO-035-RI
Agricultura UE/no UE



FORMATO 30g

ECO · PLANT BASED JERKY

teriyaki

Finally our organic jerky in a vegan plant based version. If you are looking for really interesting and nourishing options to increase your plant-based protein intake, we recommend you to continue reading.

Shiitake and soy tamari sauce, what could go wrong?

This snack combines the umami taste of these two ingredients with savory, sweet and a subtle spiciness from the pepper.

INGREDIENTS:

Shiitake*, portobello mushroom*), prebiotic fibre (inulin*), extra virgin olive oil*, pea protein*, tomato paste*, **tamari soy sauce*** (soybeans*, water, sea salt, koji*), apple cider vinegar*, sweetener (erythritol*), onion powder*, sea salt, garlic powder*, white pepper*.

**Ingredients from organic agriculture.*

Allergens in bold, it might contain sesame, soy, mustard, celery and nuts traces.

NUTRITIONAL VALUE	100g	30g
Energy	1313KJ/314Kcal	393,9KJ/94,2Kcal
Fats	11,8g	3,54g
of which saturated	2,15g	0,65g
Carbohydrates	28,5g	8,55g
of which sugars	11,4g	3,42g
of which polyols	5,92g	1,77g
Dietary fiber	14,5g	4,35g
Protein	16,21g	4,86g
Salt	3,2g	0,96g
Net carbohydrates	8,1g	2,43g



FORMATO 30g

ECO · PLANT BASED JERKY

black garlic

Our Organic Plant based jerky is made from mushrooms and is packed with plant based protein and prebiotic fibre. This snack is packed with flavor filling and nourishing. and convenient on the go snacking.

We're in love with this recipe. The umami taste of the mushrooms is enhanced with the balsamic flavor from the black garlic and the subtle roasted coffee aroma. We can not forget the fruity flavor from the Extra Virgin Olive Oil either.

INGREDIENTS:

Shiitake*, Portobello mushroom*, inulin (prebiotic fibre)*, extra virgin olive oil*, pea protein*, **tamari soy sauce*** (soybeans*, water, sea salt, koji*), tomato paste*, apple cider vinegar*, sweetener (erythritol)*, black garlic*, onion powder*, sea salt, garlic powder*, ground coffee*, smoked paprika*, white pepper*.

***Ingredients from organic agriculture.**

Allergens in bold, it might contain sesame, soy, mustard, celery and nuts traces.

NUTRITIONAL VALUE	100g	30g
Energy	1303KJ/312Kcal	390KJ/93,6Kcal
Fats	12,08g	3,6g
of which saturated	2,14g	0,64g
Carbohydrates	26,6g	7,98g
of which sugars	10,70	3,21g
of which polyols	6,9g	2,07g
Dietary fiber	16,2g	4,86g
Protein	16,11g	4,83g
Salt	3 g	0,9g
Net carbohydrates	3,5g	1,05g

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