

START COOKING WITH CARISMA POTATOES

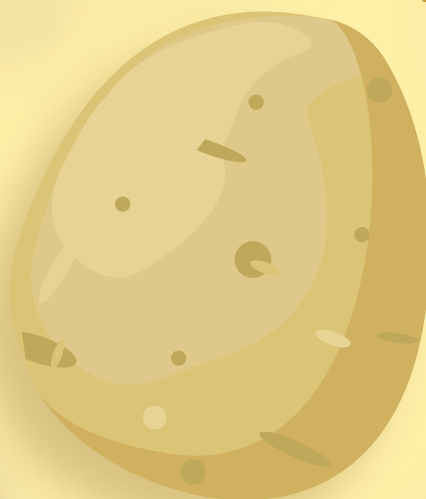
ONLY
at coles

25%
LESS
CARBS[®]
CARISMA

Kestrel
White Star
Royal Blue
Crop 13
Sebago
Eva
Mozart
Sifra



25% less carbs than an average of
a group of commonly available
potato varieties



VERSATILE
AND
TASTY

Slice, wedge, mash,
chop and roast them.
Even fussy eats
love Carisma Potatoes.

NON
GMO

Non-GMO! All of our potatoes are
bred using traditional cross-pollination
which is a completely natural process!

ISN'T IT TIME YOU
STARTED COOKING
WITH CARISMA[®]?

SKIN
ON

Leaving the skin on Carisma
potatoes boosts the nutritional
value by up to 35%**



MITOLO
FAMILY FARMS

** <https://lambweston.eu/uk/benefits-of-skin-on-fries>
** [https://www.abc.net.au/everyday/
do-you-really-need-to-peel-potatoes/101352212](https://www.abc.net.au/everyday/do-you-really-need-to-peel-potatoes/101352212)