

Nutrition Facts

	Roasted and Salted Cashews		Roasted and Salted Pistachios		Honey Roasted Almonds		Chocolate Covered Peanuts		Milk Chocolate Nuts		Honey Cashews, Almonds, and Peanuts		Giant Nut Mix	
Serving Size	1/4 Cup (30g)		1/4 Cup (30g)		1/4 Cup (30g)		1/4 Cup (30g)		9 Pieces (30g)		1/4 Cup (30g)		1/4 Cup (30g)	
Servings Per Container	About 2		About 2		About 2		About 2.5		About 2.5		About 2		About 2	
Amount Per Serving														
Calories	160		170		160		160		160		160		170	
Calories from Fat	120		120		110		100		100		110		130	
	% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat	13g	20%	14g	22%	12g	18%	11g	17%	11g	17%	12g	18%	15g	23%
Saturated Fat	2.5g	13%	1.5g	8%	1g	5%	4.5g	23%	4g	20%	1.5g	8%	1.5g	8%
Trans Fat	0g		0g		0g		0g		0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%	5mg	2%	0mg	0%	0mg	0%	0mg	0%
Sodium	110mg	5%	115mg	5%	120mg	5%	10mg	0%	15mg	1%	125mg	5%	110mg	5%
Total Carbohydrate	9g	3%	9g	3%	11g	4%	14g	5%	15g	5%	11g	4%	7g	2%
Dietary Fiber	1g	4%	3g	12%	3g	12%	1g	4%	1g	4%	2g	8%	3g	12%
Sugars	2g		2g		6g		12g		12g		6g		1g	
Protein	5g		6g		5g		4g		3g		5g		6g	
Vitamin A	0%		2%		0%		0%		0%		0%		0%	
Vitamin C	0%		2%		0%		0%		0%		0%		0%	
Calcium	2%		4%		6%		4%		2%		4%		4%	
Iron	10%		6%		6%		6%		2%		6%		8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: Cashews, Sea Salt, Peanut Oil.

INGREDIENTS: Pistachios, Sea Salt.

INGREDIENTS: Almonds, Seasoning (Sugar, Fructose, Salt, Honey Solids [Refinery Syrup, Honey], Honey, Wheat Starch, Contains 2% or less of Olive Oil [added as a processing aid], Maltodextrin, Corn Syrup Solids, Xanthan Gum), Peanut Oil.

Contains Cashew.
 Contains Pistachio.
 Contains Almond, Wheat.
 Contains Milk, Peanut, Soy.
 Contains Milk, Peanut, Soy, Tree Nuts.
 Contains Peanut, Tree Nuts, Wheat.
 Contains Tree Nuts.

INGREDIENTS: Chocolate Covered Peanuts (Milk Chocolate Coating [Sugar, Cocoa Butter, Whole Milk, Chocolate Liquor, Soy Lecithin {an emulsifier}, Vanilla], Peanuts, Gum Arabic, Corn Syrup, Sugar, Confectioners Glaze).

INGREDIENTS: Chocolate Nut Mix (Milk & Dark Chocolate [Sugar, Cocoa Butter, Whole Milk, Chocolate Liquor, Soy Lecithin {an emulsifier}, Vanilla], Peanuts, Pecans, Cashews, Almonds, Gum Arabic, Corn Syrup, Sugar, Confectioners Glaze).

INGREDIENTS: Peanuts, Almonds, Cashews, Seasoning (Sugar, Fructose, Salt, Honey Solids [Refinery Syrup, Honey], Honey, Wheat Starch, Contains 2% or less of Olive Oil [added as a processing aid], Maltodextrin, Corn Syrup Solids, Xanthan Gum), Peanut Oil.

INGREDIENTS: Almonds, Cashews, Pecans, Filberts, Brazil Nuts, Sea Salt, Peanut Oil.