

# Nutrition Facts

servings per container  
**Serving size**

Amount per serving  
**Calories**

**Total Fat**  
 Saturated Fat  
 Trans Fat  
**Cholesterol**  
**Sodium**  
**Total Carbohydrate**  
 Dietary Fiber  
 Total Sugars  
 Includes Added Sugars

**Protein**  
 \*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

	Cashews	Chocolate Almonds	Pistachios	Chocolate Toffee Almonds
	About 5 1/4 Cup (30g)	About 7 7 pieces (30g)	About 4.5 1/4 Cup (30g)	About 7 5 Pieces (30g)
	<b>160</b>	<b>160</b>	<b>170</b>	<b>150</b>
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
<b>Total Fat</b>	13g <b>17%</b>	11g <b>14%</b>	14g <b>18%</b>	8g <b>10%</b>
Saturated Fat	2.5g <b>13%</b>	4g <b>20%</b>	1.5g <b>8%</b>	3g <b>15%</b>
Trans Fat	0g	0g	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	5mg <b>2%</b>	0mg <b>0%</b>	5mg <b>2%</b>
<b>Sodium</b>	110mg <b>5%</b>	15mg <b>1%</b>	115mg <b>5%</b>	25mg <b>1%</b>
<b>Total Carbohydrate</b>	9g <b>3%</b>	15g <b>5%</b>	9g <b>3%</b>	19g <b>7%</b>
Dietary Fiber	1g <b>4%</b>	2g <b>7%</b>	3g <b>11%</b>	1g <b>4%</b>
Total Sugars	2g	13g	2g	17g
Includes Added Sugars	0g <b>0%</b>	12g <b>24%</b>	0g <b>0%</b>	16g <b>32%</b>
<b>Protein</b>	5g	3g	6g	2g
Vitamin D	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%
Calcium	12mg 0%	45mg 4%	32mg 2%	38mg 2%
Iron	2mg 10%	1mg 6%	1mg 6%	1mg 6%
Potassium	195mg 4%	114mg 2%	302mg 6%	87mg 2%

INGREDIENTS: Cashews, Sea Salt, Peanut Oil.

INGREDIENTS: Chocolate Covered Almonds (Milk Chocolate Coating [Sugar, Cocoa Butter, Chocolate Liquor, Whole Milk Powder, Soy Lecithin {An Emulsifier}, Salt, Vanilla], Almonds [Corn Oil], Less Than 1% of Gum Acacia, Shellac, Corn Syrup).

INGREDIENTS: Pistachios, Sea Salt.

INGREDIENTS: Chocolate Toffee Almonds (Milk Chocolate [Sugar, Cocoa Butter, Whole Milk, Chocolate Liquor, Soy Lecithin {an emulsifier}, Vanilla], Sugar, Almonds, Butter, Salt, Soy Lecithin, Vanilla).

Contains Cashew.  
 Contains Milk, Soy, Almonds.  
 Contains Pistachio.  
 Contains Milk, Soy, Tree Nuts.