

Cashews

Dry Roasted & Salted

Nutrition Facts			
Serving Size:		1 cup (137g)	
Serving per Container:			
Amount per Serving			
Calories	786	Calories from Fat:	531
% Daily Value *			
Total Fat	63 g		98 %
Saturated Fat	13 g		63 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	877 mg		37 %
Total Carbohydrates	45 g		15 %
Dietary Fiber	4 g		16 %
Sugars	g		
Protein	21 g		
Vitamin A	0%	Vitamin C	0 %
Calcium	6%	Iron	46 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients: Cashews, Salt

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.