

# Cashews-Honey Roasted

## Nutrition Facts

Serving Size: 30 g

Serving per Container:

### Amount per Serving

Calories 160      Calories from Fat: 110

% Daily Value \*

Total Fat 12 g 18 %

Saturated Fat 2 g 10 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 60 mg 3 %

Total Carbohydrates 11 g 4 %

Dietary Fiber 1 g 3 %

Sugars 5 g

Protein 5 g

Vitamin A 0%      Vitamin C 0 %

Calcium 0%      Iron 8 %

\* 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, Honey Coating (sucrose, wheat starch, honey, maltodextrin, xanthan gum), Vegetable Oil (may contain one or more of the following: peanut, canola, sunflower and soybean), Sugar and 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.