

Cashews- Organic

Dry Roasted

Nutrition Facts

Serving Size: 1oz (28g)

Serving per Container:

Amount per Serving

Calories 163 Calories from Fat: 118

% Daily Value *

Total Fat	13 g	20 %
Saturated Fat	2.5 g	13 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	5 mg	0 %
Total Carbohydrates	9 g	3 %
Dietary Fiber	1 g	4 %
Sugars	1 g	
Protein	4 g	

Vitamin A 0% Vitamin C 0 %

Calcium 1% Iron 9 %

* 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	60 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		20 g	30 g

Calories per gram

Fat 9 Carbohydrates 4 Protein 4

Ingredients: Organic Cashews

*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.