

Cashews

Nutritional Information

Serving Size: 100g

Amount per Serving

Calories 553 Calories from Fat: 367

% Daily Value *

Total Fat	44 g	67 %
Saturated Fat	8 g	39 %
<i>Trans</i> Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	12 mg	1 %
Total Carbohydrates	30 g	10 %
Dietary Fiber	3 g	13 %
Sugars	6 g	
Protein	18 g	

Vitamin A	0%	Vitamin C	1 %
Calcium	4%	Iron	37 %

* 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
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Ingredients: 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.