

# Peanuts-Blanched, Roasted & Salted

<b>Nutrition Facts</b>			
Serving Size:		1 oz (28g)	
Serving per Container:		n/a	
Amount per Serving			
<b>Calories</b>	<b>165</b>	<b>Calories from Fat:</b>	<b>117</b>
<b>% Daily Value *</b>			
Total Fat	14 g		22 %
Saturated Fat	2 g		10 %
<i>Trans</i> Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	230 mg		10 %
Total Carbohydrates	6 g		2 %
Dietary Fiber	2 g		9 %
Sugars	1 g		
Protein	7 g		
Vitamin A	0%	Vitamin C	0 %
Calcium	2%	Iron	4 %
* 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
<b>Calories per gram</b>			
	Fat	9	Carbohydrates 4 Protein 4

**Ingredients:            Peanuts, 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.