

Roasted and Salted Almonds

Nutrition Facts			
Serving Size (28g)			
Amount Per Serving			
Calories 170	Calories from Fat 129		
			% Daily Values*
Total Fat 15g			23%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 95mg			4%
Total Carbohydrate 5g			2%
Dietary Fiber 3g			12%
Sugars 1g			
Protein 6g			12%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Roasted & Salted Pecans

Nutrition Facts			
Serving Size (28g)			
Amount Per Serving			
Calories 200	Calories from Fat 176		
		% Daily Values*	
Total Fat 21g			32%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 110mg			5%
Total Carbohydrate 4g			1%
Dietary Fiber 3g			12%
Sugars 1g			
Protein 3g			6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Roasted Cashews

Nutrition Facts			
Serving Size (28g)			
Amount Per Serving			
Calories 163	Calories from Fat 112		
% Daily Values*			
Total Fat 13g	20%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 86mg	4%		
Total Carbohydrate 8g	3%		
Dietary Fiber 1g	4%		
Sugars 1g			
Protein 5g	10%		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

3oz. Honey Roasted Almonds

Product Information

- **Product Name:** Honey Roasted Almonds
- **Net Weight:** 3 oz. (85g)

Nutrition Facts

- **Serving Size:** 1 ounce (28g)
- **Servings Per Container:** 3

Amount Per Serving

- **Calories:** 160
- **% Daily Value:***
 - **Total Fat:** 13g (17%)
 - **Saturated Fat:** 1g (5%)
 - **Trans Fat:** 0g
 - **Cholesterol:** 0mg (0%)
 - **Sodium:** 80mg (3%)
 - **Total Carbohydrate:** 11g (4%)
 - **Dietary Fiber:** 2g (7%)
 - **Total Sugars:** 8g (Includes 7g Added Sugars) (14%)
 - **Protein:** 4g
 - **Vitamin D:** 0mcg (0%)
 - **Calcium:** 40mg (4%)
 - **Iron:** 0.6mg (4%)
 - **Potassium:** 130mg (2%)

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients

- Almonds
- Sugar
- Honey
- Sunflower Oil
- Salt
- Corn Syrup
- Agar
- Gum Arabic

Pistachios

Nutrition Facts

12 servings per container

Serving size 1/4 cup without shells (30g)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 6g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 300mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

5 oz. (141g) Praline Pècans

Nutrition Facts:

- **Serving Size:** 1 oz (28g)
- **Servings Per Container:** Approx 4
- **Calories:** 139
 - **Calories from Fat:** 71
- **Total Fat:** 8g (12% DV)
 - **Saturated Fat:** 1g (5% DV)
 - **Trans Fat:** 0g
- **Cholesterol:** 0mg (0% DV)
- **Sodium:** 73mg (3% DV)
- **Total Carbohydrate:** 17g (6% DV)
 - **Dietary Fiber:** 1g (4% DV)
 - **Sugars:** 16g
- **Protein:** 1g
- **Vitamin A:** 0% DV
- **Vitamin C:** 0% DV
- **Calcium:** 0% DV
- **Iron:** 2% DV

Ingredients:

- Pecans
- Sugar
- Brown Sugar
- Corn Syrup
- Salt
- Vanilla Flavor

Notes:

- Manufactured on Shared equipment with peanuts and other tree nut products.
- Incidental nuts may be present.

5 oz. (141g) Deluxe Mixed Nuts

Nutrition Facts:

- **Serving Size:** 1 oz (28g)
- **Servings Per Container:** Approx 4
- **Calories:** 172
 - **Calories from Fat:** 132
- **Total Fat:** 16g (24% DV)
 - **Saturated Fat:** 3g (13% DV)
 - **Trans Fat:** 0g
- **Cholesterol:** 0mg (0% DV)
- **Sodium:** 86mg (4% DV)
- **Total Carbohydrate:** 6g (2% DV)
 - **Dietary Fiber:** 2g (6% DV)
 - **Sugars:** 1g
- **Protein:** 4g
- **Vitamin A:** 0% DV
- **Vitamin C:** 0% DV
- **Calcium:** 0% DV
- **Iron:** 4% DV

Ingredients:

- Cashews
- Almonds
- Pecans
- Walnuts
- Brazil Nuts
- Filberts
- Cottonseed Oil
- Salt

Notes:

- Manufactured on Shared equipment with peanuts and other tree nut products.
- Incidental nuts may be present.

5 oz. (141g) Deluxe Cashews

Nutrition Facts:

- **Serving Size:** 1 oz (28g)
- **Servings Per Container:** Approx 4
- **Calories:** 163
 - **Calories from Fat:** 112
- **Total Fat:** 13g (20% DV)
 - **Saturated Fat:** 2g (10% DV)
 - **Trans Fat:** 0g
- **Cholesterol:** 0mg (0% DV)
- **Sodium:** 85mg (4% DV)
- **Total Carbohydrate:** 8g (3% DV)
 - **Dietary Fiber:** 1g (4% DV)
 - **Sugars:** 1g
- **Protein:** 5g
- **Vitamin A:** 0% DV
- **Vitamin C:** 0% DV
- **Calcium:** 0% DV
- **Iron:** 4% DV

Ingredients:

- Cashews
- Cottonseed Oil

Notes:

- Manufactured on Shared equipment with peanuts and other tree nut products.
- Incidental nuts may be present.

5 oz. (141g) Chocolate Covered Macadamia Nuts

Nutrition Facts:

- **Serving Size:** 1 oz (28g)
- **Servings Per Container:** Approx 4
- **Calories:** 170
 - **Calories from Fat:** 104
- **Total Fat:** 12g (18% DV)
 - **Saturated Fat:** 5g (25% DV)
 - **Trans Fat:** 0g
- **Cholesterol:** 3mg (1% DV)
- **Sodium:** 17mg (1% DV)
- **Total Carbohydrate:** 16g (5% DV)
 - **Dietary Fiber:** 1g (3% DV)
 - **Sugars:** 14g
- **Protein:** 2g (4% DV)
- **Vitamin A:** 0% DV
- **Vitamin C:** 0% DV
- **Calcium:** 3% DV
- **Iron:** 2% DV

Ingredients:

- Milk Chocolate (Sugar, Cocoa Butter, Milk, Chocolate Liquor, Soy Lecithin (an Emulsifier), and Artificial Flavor (Vanillin))
- Macadamias
- Sunflower Oil
- Gum Arabic
- Corn Syrup
- Sugar
- Certified Confectioners Glaze (Food Grade Lac resin)

Note:

- This product may contain trace amounts of peanuts and other tree nuts.
- Contains: Macadamia, Milk, and Soy Ingredients
- Manufactured on Shared equipment with peanuts and other tree nut products.
- Incidental nuts may be present.

3oz. Fruit & Nuts Snack Mix,

Product Information

- **Product Name:** Fruit & Nuts Snack Mix
- **Net Weight:** 3 oz. (85g)

Nutrition Facts

- **Serving Size:** 1 ounce (28g)
- **Servings Per Container:** 3

Amount Per Serving

- **Calories:** 140
- *% Daily Value:**
 - **Total Fat:** 7g (9%)
 - **Saturated Fat:** 1g (5%)
 - **Trans Fat:** 0g
 - **Cholesterol:** 0mg (0%)
 - **Sodium:** 40mg (2%)
 - **Total Carbohydrate:** 18g (7%)
 - **Dietary Fiber:** 2g (7%)
 - **Total Sugars:** 14g (Includes 11g Added Sugars) (22%)
 - **Protein:** 2g
 - **Vitamin D:** 0mcg (0%)
 - **Calcium:** 20mg (2%)
 - **Iron:** 0.5mg (2%)
 - **Potassium:** 110mg (2%)

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients

- Dried Cranberries (Cranberries, Sugar, Sunflower Oil)
- Raisins (Raisins, Sunflower Oil)
- Roasted Salted Almonds (Almonds, Sunflower Oil, Sea Salt)
- Roasted Salted Cashews (Cashews, Sunflower Oil, Sea Salt)
- Pumpkin Seeds (Pumpkin Seeds, Sunflower Oil)
- Sunflower Seeds (Sunflower Seeds, Sunflower Oil, Sea Salt)
- Sugar
- Sea Salt
- Natural Flavors