

Chocolate Cashews

02/10/2006

Nutrition Facts			
Serving Size (40g) Servings Per Container			
Amount Per Serving			
Calories 230	Calories from Fat 140		
% Daily Value*			
Total Fat 15g	23%		
Saturated Fat 7g	35%		
Trans Fat 0g			
Cholesterol 5mg	2%		
Sodium 60mg	3%		
Total Carbohydrate 19g	6%		
Dietary Fiber 1g	4%		
Sugars 16g			
Protein 4g			
Vitamin A 2%	• Vitamin C 0%		
Calcium 6%	• Iron 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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: Milk Chocolate: Sugar, Whole Milk, Cocoa Butter, Chocolate Liquor, Soya Lecithin (an emulsifier), and Vanillin (an artificial flavoring).,Cashews: Peanut/Vegetable Oils and Salt.

Contains Milk, Peanut, Soy, Treenuts.