

Wricley Nut Products Co.
Cashews (Raw)

NUTRITION FACTS	
Serving Size: ¼ cup	
Servings per Container: Varied	
Amount per Serving	
Calories 180	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	14%
Sugars 2g	
Protein 5g	
Vitamin A 0% * Vitamin C 0%	
Calcium 2% * Iron 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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
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: Raw Cashew