

Nutsco
Whole Cashews (Roasted & Salted)

NUTRITION FACTS	
Serving Size: 1oz (18 pieces / 28g)	
Servings per Container:	
Amount per Serving	
Calories 164	Calories from Fat 113
% Daily Value*	
Total Fat 13g	21%
Saturated Fat 2g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 87mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 0%	* Vitamin C 0%
Calcium 1%	* Iron 9%
*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: Cashews roasted in peanut and/or cottonseed oil, salt.

****Allergy Information:** May contain peanuts and/or other tree nuts.