

Nutrition Facts

Serving Size 1 oz. without shells
(28g/about 1/2 cup with shells)
Servings Per Container

Amount Per Serving

Calories 170 Calories from Fat 120

	% Daily Value *
Total Fat 13g	20%
Saturated Fat 2.5g	12%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Sugars less than 1g	
Protein 7g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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INGREDIENTS: PEANUTS