

**CRUNCHY NUT DELIGHT**  
**DUTCH VALLEY FOODS**  
**NUTRIPAR**  
**October 11, 2005**

<b>Nutrition Facts</b>	
Serving Size 1/4 cup, (30 grams)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 160</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 1g	6%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 1g	5%
Sugars 4g	
<b>Protein 4g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%
*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: Buttered Toasted Peanuts (peanuts, sugar, butter, salt, Cashews (cashews, hi-oleic oil (pure canola oil), salt); Smoked Almonds (almonds, canola and/or safflower oil, salt, corn maltodextrin, natural hickory smoke flavor, yeast, hydrolyzed corn and soy protein, natural flavors); Honey Roast Sesame Sticks (unbleached wheat flour {malted barley flour added as a preservative}, soybean oil, sesame seeds, honey coating {sucrose, wheat starch, honey}, bulgur wheat, tack blend {maltodextrin, xanthan gum}, salt, beet powder (color), turmeric (color)); Roasted Peanuts; Wheat Snacks (enriched flour {wheat flour, barley malt, niacin, iron, thiamin, riboflavin, folic acid}, water, whole wheat flour, cracked wheat, sugar, vegetable shortening {cottonseed oil, partially hydrogenated soybean oil}, citric acid, TBHQ (antioxidant), rye flour, malted barley flour, contains 2% or less of: salt, soy lecithin, corn flour, oleoresin turmeric, oleoresin paprika, monoglycerides, diglycerides, sodium sulfate, whey); Chili Lemon Corn Sticks (yellow corn masa, soybean oil, chili lemon seasoning {salt, maltodextrin, paprika & spices, citric acid, natural flavoring, onion powder, tomato powder, garlic powder, monosodium glutamate, extracts of paprika, cocoa powder, partially hydrogenated soybean oil}); Oat Bran Nuggets (unbleached enriched wheat flour (flour, niacin, iron, thiamin, riboflavin, folic acid), oat bran, soy flour, malt, soybean oil, salt, yeast).**