

Organic Unsalted Mixed Nuts

NET WT 6 OZ (170g)

Nutrition Facts

about 7 servings per container

Serving size 1/4 cup (33g)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 17g 22%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 8g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 1.5mg 8%

Potassium 190mg 4%

Vitamin E 3.3mg 20%

Niacin 1.7mg 10%

Magnesium 75mg 20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC DRY ROASTED ALMONDS, ORGANIC DRY ROASTED CASHEWS, ORGANIC RAW PECANS, ORGANIC PISTACHIOS.

CONTAINS ALMONDS, CASHEWS, PECANS, PISTACHIOS

MANUFACTURED AND PACKED IN FACILITIES THAT PROCESS OTHER PRODUCTS CONTAINING PEANUTS, TREE NUTS, MILK, WHEAT, SOY AND EGGS.