## Cashews- Organic Dry Roasted & Salted

Amount per Serving	Serving Size: Serving per Container	1/4 cup (30	97			
Total Fat	Amount per Serving					_
Total Fat	Calories	170	Calories fro	om F	at:	120
Total Fat			% [	Daily	Value *	
Saturated Fat         2.5 g         14 %           Trans Fat         0 g           Cholesterol         0 mg         0 %           Sodium         120 mg         5 %           Total Carbohydrates         10 g         3 %           Dietary Fiber         less than1 g         4 %           Sugars         2 g           Protein         5 g           Vitamin A         0%         Vitamin C         0 %           Calcium         0%         Iron         10 %           * Percent Daily Values are based on a 2,000 calorie diet.         Your daily values may be higher or lower depending on calorie needs.         Calories:         2,000         2,500           Total Fat         Less than         60 g         80 g         8         g           Sat Fat         Less than         20 g         25 g         G           Cholesterol         Less than         300 mg         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg         2,400 mg         375 g	Total Fat	14				%
Cholesterol         0 mg         0 %           Sodium         120 mg         5 %           Total Carbohydrates         10 g         3 %           Dietary Fiber         less than1 g         4 %           Sugars         2 g           Protein         5 g           Vitamin A         0%         Vitamin C         0 %           Calcium         0%         Iron         10 %           * Percent Daily Values are based on a 2,000 calorie diet.         Your daily values may be higher or lower depending on calorie needs.         Calories:         2,000         2,500           Total Fat         Less than         60 g         80 g           Sat Fat         Less than         20 g         25 g           Cholesterol         Less than         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375 g	Saturated Fat				14	%
Sodium	Trans Fat	. 0	g			
Sodium         120 mg         5 %           Total Carbohydrates         10 g         3 %           Dietary Fiber         less than1 g         4 %           Sugars         2 g           Protein         5 g           Vitamin A         0%         Vitamin C         0 %           Calcium         0%         Iron         10 %           * Percent Daily Values are based on a 2,000 calorie diet.         Your daily values may be higher or lower depending on calorie needs.         Calories:         2,000         2,500           Total Fat         Less than         60 g         80 g         Sat Fat         Less than         20 g         25 g           Cholesterol         Less than         300 mg         300 mg         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg         2,400 mg         7,400 mg         7,400 mg         7,400 mg         7,400 mg         7,500 mg	Cholesterol	- 0	mg		0	%
Dietary Fiber         less than1 g         4 %           Sugars         2 g           Protein         5 g           Vitamin A         0%         Vitamin C         0 %           Calcium         0%         Iron         10 %           * Percent Daily Values are based on a 2,000 calorie diet.         Your daily values may be higher or lower depending on calorie needs.         Calories:         2,000         2,500           Total Fat         Less than         60 g         80 g         80 g           Sat Fat         Less than         20 g         25 g         Cholesterol         Less than         300 mg         300 mg         300 mg         300 mg         7,400 mg         2,400 mg         2,400 mg         2,400 mg         7,400 mg         7,400 mg         7,400 mg         7,400 mg         7,400 mg         7,400 mg         7,500 mg	Sodium	120	mg		5	%
Sugars         2 g           Protein         5 g           Vitamin A         0%         Vitamin C         0 %           Calcium         0%         Iron         10 %           * Percent Daily Values are based on a 2,000 calorie diet.         Your daily values may be higher or lower depending on calorie needs.         Calories:         2,000         2,500           Total Fat         Less than         60 g         80 g         80 g           Sat Fat         Less than         20 g         25 g         25 g           Cholesterol         Less than         300 mg         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg         2,400 mg         7,400 mg           Total Carbohydrates         300 g         375 g         375 g         375 g	Total Carbohydrates				3	%
Vitamin A         0%         Vitamin C         0 %           Calcium         0%         Iron         10 %           * Percent Daily Values are based on a 2,000 calorie diet.         Your daily values may be higher or lower depending on calorie needs.         Calories:         2,000         2,500           Total Fat         Less than         60 g         80 g           Sat Fat         Less than         20 g         25 g           Cholesterol         Less than         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375 g	Dietary Fiber	less than1	g		4	%
Vitamin A         0%         Vitamin C         0 %           Calcium         0%         Iron         10 %           * Percent Daily Values are based on a 2,000 calorie diet.         Your daily values may be higher or lower depending on calorie needs.           Calories:         2,000         2,500           Total Fat         Less than         60 g         80 g           Sat Fat         Less than         20 g         25 g           Cholesterol         Less than         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375 g	Sugars					
Calcium         0%         Iron         10 %           * Percent Daily Values are based on a 2,000 calorie diet.         Your daily values may be higher or lower depending on calorie needs.           Calories:         2,000         2,500           Total Fat         Less than         60 g         80 g           Sat Fat         Less than         20 g         25 g           Cholesterol         Less than         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375 g	Protein	5	g			
* Percent Daily Values are based on a 2,000 calorie diet.  Your daily values may be higher or lower depending on calorie needs.  Calories: 2,000 2,500  Total Fat Less than 60 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Vitamin A	0%	Vitam	in C	_	
Your daily values may be higher or lower depending on calorie needs.           Calories: 2,000 2,500           Total Fat         Less than         60 g         80 g           Sat Fat         Less than         20 g         25 g           Cholesterol         Less than         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375 g	Calcium	0%		Iron	10	%
Sat Fat         Less than         20 g         25 g           Cholesterol         Less than         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375 g		be higher or	lower deper		on	
Cholesterol         Less than         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375 g	Total Fat	Less than	60	g	80	g
Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Sat Fat	Less than	20	g	25	g
Total Carbohydrates 300 g 375 g	Cholesterol	Less than	300	mg	300	mg
	Sodium	Less than	2,400	mg	2,400	mg
Dietary Fiber 20 g 30 g	Total Carbohydrates		300	g	375	g
	Dietary Fiber		20	g	30	g

Ingredients:

Organic Cashews, Salt