

# Cashews- Organic

## Dry Roasted & Salted

### Nutrition Facts

Serving Size: 1/4 cup (30g)

Serving per Container:

#### Amount per Serving

Calories 170      Calories from Fat: 120

#### % Daily Value \*

Total Fat	14 g	21 %
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 than 1 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
Dietary Fiber		20 g	30 g

#### Calories per gram

Fat 9      Carbohydrates 4      Protein 4

Ingredients: Organic Cashews, Salt

\*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.