

Crunchy Roasted Cashew Nuts

NUTRITIONAL FACTS

Ingredients: Cashews, water, flour, sugar, salt and soy sauce.

Serving Size 1 oz. (28.3g)

Total Calories 146

Calories from Fat 74

	Amount per Serving	DV%*
Total Fat	8g	13%
	Sat Fat	1.6g 8%
	Trans Fat	0g 0%
Cholesterol	0mg	0%
Total Carbohydrates	14g	5%
Sodium	126mg	5%
Fiber	1.3g	5%
Sugars	1.3g	0%
Protein	3.4g	4%
Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		7%

*Percent Daily Values (DV%) are based on a 2000 calorie diet