

Crunchy Roasted Mixed Nuts

NUTRITIONAL FACTS

Ingredients: peanuts, cashews, macadamia nuts, almonds, water, flour, sugar, salt, soy sauce, monosodium glutamate.

Serving Size	1 oz (28.3g)
Total Calories	156
Calories from Fat	93

	Amount per Serving	DV%*
Total Fat	10g	16%
	Sat Fat 2g	8%
	Trans Fat 0g	0%
Cholesterol	0mg	0%
Total Carbohydrates	12g	4%
Sodium	125mg	5%
Fiber	2g	6%
Sugars	1g	0%
Protien	4g	11%
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		5%

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