

Wricley Nut Products Co.
Cashews (Roasted & Salted)

NUTRITION FACTS			
Serving Size: 30g			
Servings per Container: Varied			
Amount per Serving			
Calories 170	Calories from Fat 120		
			% Daily Value*
Total Fat 13g			20%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 75mg			3%
Total Carbohydrate 10g			3%
Dietary Fiber 1g			4%
Sugars 2g			
Protein 4g			
Vitamin A 0% *		Vitamin C 0%	
Calcium 2% *		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 *		Carbohydrate 4 * Protein 4	

Ingredients: Cashews, pure canola oil, salt.