

10 oz (283g)  
**Macadamia Nuts**

<b>Nutrition Facts</b>	
Serving Size 1 oz. (28g/about 1/4 cup)	
Servings Per Container 10	
<b>Amount Per Serving</b>	
<b>Calories 200</b> Calories from Fat 190	
	<b>% Daily Value*</b>
<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 2%	
*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
Sat 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

**INGREDIENTS: MACADAMIA NUTS, VEGETABLE OIL (PEANUT, COTTONSEED, SOYBEAN AND/OR SUNFLOWER SEED), SALT.**

**ALLERGEN INFORMATION: MAY CONTAIN PEANUTS AND/OR OTHER TREE NUTS.**

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