

9.5 oz (269g)
Whole Cashews

Nutrition Facts	
Serving Size 1 oz. (28g/about 1/4 cup)	
Servings Per Container about 10	
Amount Per Serving	
Calories 180	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 5g	
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
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: CASHEWS, VEGETABLE OIL (PEANUT, COTTONSEED, SOYBEAN AND/OR SUNFLOWER SEED), SALT.

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

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CONTAINS CASHEWS FROM INDIA, BRAZIL, VIETNAM, INDONESIA.