

Wricley Nut Products Co.
Mixed Nuts w/ Peanuts (Roasted & Salted)

NUTRITION FACTS	
Serving Size: 30g	
Servings per Container: Varied	
Amount per Serving	
Calories 190	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 5g	
Vitamin A 0% * Vitamin C 0%	
Calcium 2% * Iron 6%	
*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: blanched peanuts, unblanched peanuts, unblanched almonds, unblanched brazil nuts, unblanched filberts, cashews, pure canola oil, salt.