



CRACKER & NUT MIXES

Roasted & Salted

| | serving size (oz.) | calories | calories from fat | from total fat (g) | total fat (%DV) | saturated fat (g) | sat fat(%DV) | trans fat(g) | cholesterol(mg) | sodium(mg) | sodium(%DV) | total carbohydrate(g) | total carb(%DV) | fiber(g) | fiber(%DV) | sugars(g) | protein (g) |
|-------------------------|--------------------|----------|-------------------|--------------------|-----------------|-------------------|--------------|--------------|-----------------|------------|-------------|-----------------------|-----------------|----------|------------|-----------|-------------|
| Sweet 'n Spicy Mix | 1.00(oz.) | 160 | 100 | 11 | 17% | 2.0 | 10% | 0 | 0 | 150 | 6% | 11 | 4% | 2 | 8% | 5 | 5 |
| Wasabi Nut Crunch Mix | 1.00(oz.) | 150 | 80 | 9 | 14% | 1.5 | 8% | 0 | 0 | 115 | 5% | 12 | 4% | 4 | 16% | 2 | 6 |
| Yogurt Apple Nut Mix | 1.00(oz.) | 150 | 90 | 10 | 15% | 2.5 | 13% | 0 | 0 | 90 | 4% | 13 | 4% | 2 | 8% | 5 | 3 |
| Chipotle Nut Crunch Mix | 1.00(oz.) | 150 | 90 | 10 | 15% | 1.5 | 8% | 0 | 0 | 180 | 8% | 12 | 4% | 2 | 8% | 1 | 5 |
| Sweet 'n Spicy Mix | 1.00(oz.) | 140 | 80 | 9 | 17% | 1.0 | 5% | 0 | 0 | 210 | 9% | 13 | 4% | 2 | 8% | <1 | 4 |
| Wasabi Peas | 1.00(oz.) | 110 | 10 | 1 | 2% | 0 | 0% | 0 | 0 | 70 | 3% | 19 | 6% | 2 | 8% | 2 | 7 |

SEEDS & KERNELS

Roasted & Salted*

| | | | | | | | | | | | | | | | | | |
|---------------------------|-----------|-----|-----|----|-----|-----|-----|---|---|-----|----|---|----|---|-----|----|---|
| Sunflower Kernels | 1.00(oz.) | 170 | 130 | 15 | 23% | 2.0 | 10% | 0 | 0 | 115 | 5% | 6 | 2% | 3 | 12% | <1 | 6 |
| Sunflower Kernels, Ranch | 1.00(oz.) | 170 | 130 | 14 | 22% | 2.0 | 10% | 0 | 0 | 115 | 5% | 7 | 2% | 3 | 12% | 1 | 5 |
| Sunflower Seeds, In Shell | 1.00(oz.) | 170 | 130 | 15 | 23% | 2.0 | 10% | 0 | 0 | 115 | 5% | 6 | 2% | 3 | 12% | <1 | 6 |
| Pistachios, In Shell | 1.00(oz.) | 160 | 120 | 13 | 20% | 1.5 | 8% | 0 | 0 | 115 | 5% | 8 | 3% | 3 | 12% | 2 | 6 |
| Pumpkin Seeds, In Shell | 1.00(oz.) | 160 | 130 | 14 | 22% | 2.5 | 13% | 0 | 0 | 50 | 2% | 3 | 1% | 2 | 8% | <1 | 8 |

FRUIT & FRUIT MIXES

| | | | | | | | | | | | | | | | | | |
|--------------|-----------|-----|----|----|-----|-----|-----|---|---|---|----|----|----|---|----|----|----|
| Raisins | 1.00(oz.) | 80 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 0 | 0% | 22 | 7% | 1 | 4% | 17 | <1 |
| Banana Chips | 1.00(oz.) | 150 | 80 | 10 | 15% | 8.0 | 40% | 0 | 0 | 0 | 0% | 16 | 5% | 2 | 8% | 10 | <1 |

| | 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 |
| Potassium | | 3,500mg | 3,500mg |
| Sat Fat | | 20g | 25g |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

*In-shell and seed nutrition facts are for the kernel only and do not include the shell. Suggested serving size is 1 ounce unless otherwise noted. Serving sizes over 1 ounce are based on the smallest package available. Additional nutrition, ingredient and allergy information can be found on the back panel of each package. All Kar's and Second Nature brand products are certified kosher pareve or kosher dairy.

Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:
Fat 9 | Carbohydrate 4 | Protein 4