



PEANUTS & TREE NUTS

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)
Peanuts	1.00(oz.)	170	130	15	23%	2.5	13%	0	0	90	4%	4	1%	3	12%	1	8
Almonds	1.00(oz.)	170	140	16	25%	1.0	5%	0	0	95	4%	5	2%	3	12%	1	6
Cashews	1.00(oz.)	160	120	14	22%	2.5	13%	0	0	80	4%	9	3%	1	4%	1	5
Peanuts, Almonds & Cashews	1.75(oz.)	290	230	25	38%	4.0	20%	0	0	160	7%	10	3%	4	16%	2	12
Mixed Nuts With Peanuts	1.00(oz.)	170	90	15	23%	2.5	13%	0	0	85	4%	6	2%	2	8%	7	6

Flavored, Roasted & Salted

Blazin' Hot Peanuts	1.00(oz.)	160	120	14	22%	2.5	13%	0	0	370	15%	5	2%	3	12%	2	7
Honey Roasted Peanuts	1.00(oz.)	150	110	12	18%	2.0	10%	0	0	50	2%	9	3%	4	16%	3	5
Honey Roasted Cashews	1.00(oz.)	160	100	11	17%	2.0	10%	0	0	75	3%	12	4%	<1	0%	5	4
Smoked Almonds	1.00(oz.)	170	140	16	25%	1.0	5%	0	0	95	4%	5	2%	3	12%	1	6
Salt & Pepper Cashews	1.00(oz.)	160	120	13	20%	2.5	13%	0	0	400	17%	8	3%	<1	0%	1	5
Butter Toffee Peanuts	1.00(oz.)	140	50	6	9%	1.5	8%	0	0	75	3%	19	6%	0	0%	18	3
Vanilla Almonds	1.00(oz.)	160	110	12	18%	1.0	5%	0	0	25	1%	9	3%	3	12%	4	5

Unsalted

Almonds, Natural	1.00(oz.)	160	130	14	22%	1.0	5%	0	0	0	0%	6	2%	3	12%	1	6
Cashews, Roasted	1.00(oz.)	160	120	14	22%	2.5	13%	0	0	0	0%	8	3%	1	4%	1	5

	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