

What's In Our Artisan Nuts

Maple Roasted Cashews

Nutrition Facts	
6 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	130
% Daily Value *	
Total Fat 6g	7%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 13g Added Sugars	26%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.9mg	4%
Potassium 90mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Cashews, Sugar, Maple Extract
CONTAINS TREE NUTS
CONTAINS: CASHEWS

Vanilla Rum Almonds

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g/2 oz)
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 14g	18%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	13%
Total Sugars 29g	
Includes 28g Added Sugars	56%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.1mg	6%
Potassium 210mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Almonds, Sugar, Rum Extract, Vanilla Extract
CONTAINS: ALMONDS

Cinnamon Praline Peanuts

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g/2 oz)
Amount per serving	
Calories	260
% Daily Value *	
Total Fat 13g	16%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	13%
Total Sugars 27g	
Includes 26g Added Sugars	51%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.7mg	4%
Potassium 180mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Peanuts, Sugar, Cinnamon, Vanilla Extract, Salt
CONTAINS: PEANUTS

Apple Cinnamon Walnuts

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g)
Amount per serving	
Calories	290
% Daily Value *	
Total Fat 18g	23%
Saturated Fat 1.5g	9%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	7%
Total Sugars 28g	
Includes 28g Added Sugars	55%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 120mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Walnuts, Sugar, Natural Apple Extract, Cinnamon
CONTAINS: WALNUTS

Cinnamon Crunch Almonds

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g/2 oz)
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 14g	18%
Saturated Fat 1g	6%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	16%
Total Sugars 28g	
Includes 27g Added Sugars	53%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 1.3mg	8%
Potassium 200mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Almonds, Sugar, Cinnamon, Vanilla Extract
CONTAINS: ALMONDS

Vanilla Rum Pecans

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g/2 oz)
Amount per serving	
Calories	290
% Daily Value *	
Total Fat 19g	25%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	9%
Total Sugars 27g	
Includes 26g Added Sugars	51%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 110mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Pecans, Sugar, Vanilla Extract, Rum Extract
CONTAINS: PECANS

What's In Our Artisan Nuts

Tropical Banana Walnuts

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g)
Amount per serving	
Calories	290
% Daily Value *	
Total Fat 18g	23%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 28g	
Includes 28g Added Sugars	55%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 120mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Walnuts, Sugar, Banana Extract
CONTAINS: WALNUTS

Spicy Buffalo Cashews

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g/2 oz)
Amount per serving	
Calories	240
% Daily Value *	
Total Fat 11g	15%
Saturated Fat 2.5g	11%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.8mg	10%
Potassium 230mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Cashews, Sugar, Hot Sauce (Aged Red Pepper, Distilled Vinegar, Water, Salt, Garlic Powder), Cayenne Pepper
CONTAINS: CASHEWS

Spicy Buffalo Peanuts

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g)
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 14g	18%
Saturated Fat 2g	11%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	9%
Total Sugars 28g	
Includes 27g Added Sugars	53%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 200mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Peanuts, Sugar, Hot Sauce (Aged Red Pepper, Distilled Vinegar, Water, Salt, Garlic Powder), Cayenne Pepper
CONTAINS: PEANUTS

Toffee Praline Cashews

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g/2 oz)
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 13g	17%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 37g	14%
Dietary Fiber 1g	3%
Total Sugars 29g	
Includes 28g Added Sugars	56%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.7mg	10%
Potassium 160mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Cashews, Sugar, Canola Oil, Salt
CONTAINS: CASHEWS

Raspberry Roasted Peanuts

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g/2 oz)
Amount per serving	
Calories	260
% Daily Value *	
Total Fat 13g	17%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	8%
Total Sugars 28g	
Includes 27g Added Sugars	54%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 170mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Peanuts, Sugar, Raspberry Extract
CONTAINS: PEANUTS

Toffee Praline Almonds

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g/2 oz)
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 14g	18%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	13%
Total Sugars 29g	
Includes 28g Added Sugars	56%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.1mg	6%
Potassium 210mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Almonds, Sugar, Canola Oil, Salt
CONTAINS: ALMONDS

Maple Roasted Pecans

Nutrition Facts	
About 3 servings per container	
Serving size	1/2 cup (57g/2 oz)
Amount per serving	
Calories	290
% Daily Value *	
Total Fat 19g	25%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	9%
Total Sugars 28g	
Includes 27g Added Sugars	53%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 110mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Pecans, Sugar, Maple Extract
CONTAINS: PECANS