

# NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

## Pub Mix

### Nutrition Facts

18 Servings Per Container

**Serving size** (3 TBSP) 30g

**Amount Per Serving**

**Calories** 150

**% Daily Value\***

**Total Fat** 8g 11%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0g 0%

**Sodium** 260mg 11%

**Total Carbohydrate** 16g 6%

Dietary Fiber 2g 6%

Total Sugars 2g

includes 1g Added Sugar 2%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.2mg 6%

Potassium 110mg 0%

\*The % Daily Value tells you how much a nutrition 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 · Carbohydrates 4 · Protein 4

### Ingredients:

**Honey Peanuts:** peanuts, sugar, honey, calcium stearate (anti-caking), peanut oil, tapioca, maltodextrin, xanthan gum, salt, **Bacon Maple Honey Roasted Sesame Sticks:** enriched wheat flour (unbleached wheat flour, malted barley, flour, niacin, (reduced iron), thiamine mononitrate, riboflavin, folic acid), soybean oil, sesame seeds, honey coating (sucrose, wheat starch, honey), bulgur wheat, smoky bacon maple seasoning (salt, sugar, brown sugar, paprika, maple flavor), maltodextrin, natural flavors, maple syrup, cane molasses, gum acacia), bacon type flavor (maltodextrin, autolyzed yeast extract, tapioca starch, food starch-modified, torula yeast, natural flavors (contains smoke), canola oil, sunflower oil), yeast extract, spice, garlic powder, onion powder, canola oil, natural flavor), tack blend (maltodextrin, xanthan gum), salt, beet powder (color), turmeric (color), **Cheese Corn Sticks:** yellow corn masa, soybean oil, cheddar cheese seasoning (dehydrated cheese flavor (cheddar cheese (pasteurized milk, cheese, cultures, salt, enzymes), whey, salt, disodium phosphate, yellow 5, yellow 6, dried whey, salt, buttermilk powder, dextrose monohydrate, natural and artificial flavoring (contains maltodextrin, food starch-modified, soybean/cottonseed oil), onion and garlic powders, extractives of turmeric and paprika, citric acid, yellow #6, lactic acid), **Guacamole Bites:** yellow corn masa, soybean oil, guacamole seasoning (dehydrated spinach, salt, onion & garlic powder, natural avocado flavor, dehydrated parsley, citric acid, natural lime flavor), **Pretzel Balls:** enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil (may contain one or more of the following: corn, canola, soybean), salt, corn syrup, sodium bicarbonate, yeast, **Almonds:** canola oil, salt.

**CONTAINS: PEANUTS, ALMONDS, MILK, WHEAT, SOY.**

**Manufactured on equipment that processes peanuts, tree nuts, milk, soy, wheat and egg products. May contain stems, shell, pit and/or seed fragments.**