

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Summer Toppers

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 4g		5%	Total Carbohydrate 15g
Saturated Fat 0.5g		3%	Dietary Fiber 1g	5%
<i>Trans</i> Fat 0g			Total Sugars 11g	
Cholesterol 0mg		0%	Includes 4g Added Sugars	8%
Sodium 70mg		3%	Protein 2g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.3mg 2% • Potassium 50mg 2%				

7 servings per container
Serving size
30 g

Calories 110
per serving

* 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.

INGREDIENTS: Sunflower Seeds: canola oil (or sunflower oil), salt, Cranberries: sugar, sunflower oil, cranberry juice from concentrate, Cinnamon Glazed Pecans: sugar, pecans, cinnamon, Blueberries: cane sugar, expeller pressed sunflower oil, Apples, Sesame Sticks: enriched wheat flour (unbleached wheat flour, malted barley, flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, folic acid), soybean oil, sesame seeds, bulgur wheat, salt, beet powder (color), turmeric (color)

CONTAINS: Sesame, Pecans, Soy, Wheat

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Sweet Summer

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 8g		11%	Total Carbohydrate 15g
Saturated Fat 1g		6%	Dietary Fiber 1g	5%
<i>Trans</i> Fat 0g			Total Sugars 9g	
Cholesterol 0mg		0%	Includes 4g Added Sugars	9%
Sodium 120mg		5%	Protein 3g	
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.8mg 4% • Potassium 120mg 2%				

7 servings per container
Serving size
30 g

Calories 140
per serving

* 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.

INGREDIENTS: Walnuts: sugar, water, tapioca syrup, salt, canola oil, soy lecithin, rosemary extract., Honey Roasted Peanuts: Peanuts, sugar, honey, peanut oil, maltodextrin, potato starch, salt, xanthan gum, Sesame Sticks: enriched wheat flour (unbleached wheat flour, malted barley flour, flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, folic acid), soybean oil, sesame seeds, honey coating (sucrose, wheat starch, honey), bulgur wheat, tack blend (maltodextrin, xanthan gum), salt, turmeric (color), beet powder (color), Raisins, Cranberries: sugar, sunflower oil, cranberry juice from concentrate, Cashews, canola oil, salt

CONTAINS: Cashews, Peanuts, Sesame, Soy, Wheat, Walnuts

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Crispy Corn And Cashew

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	* 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.
6 servings per container Serving size 30 g	Total Fat 10g	13%	Total Carbohydrate 13g	5%	
	Saturated Fat 1.5g	7%	Dietary Fiber 2g	7%	
	<i>Trans Fat</i> 0g		Total Sugars 2g		
	Cholesterol 0mg	0%			
	Sodium 130mg	6%	Protein 4g		
Calories 160 per serving	Vitamin D 0% • Calcium 4% • Iron 6% • Potassium 2%				

INGREDIENTS: Toasted corn: corn, palm oil, salt, Almonds (canola oil, salt), Honey Sesame Chips enriched flour (unbleached wheat flour, malted barley, flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, folic acid, soybean oil, sesame seeds, honey coating (sucrose, wheat starch, honey), bulgur wheat, tack blend (maltodextrin, xanthan gum), salt, turmeric (color), beet powder (color). Cashews (canola oil, salt, black pepper, garlic, onion, lemon peel, bell pepper, herbs, maltodextrin, xanthan gum

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

CONTAINS: Almonds, Soy, Wheat, Cashews, Sesame

NUTRITIONAL FACTS

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High Energy Trail Mix

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 11g		14%	Total Carbohydrate 10g
Saturated Fat 2.5g		12%	Dietary Fiber 2g	8%
<i>Trans</i> Fat 0g			Total Sugars 5g	
Cholesterol 0mg		0%	Includes 2g Added Sugars	5%
Sodium 60mg		3%	Protein 5g	
Vitamin D 0mcg 0%			Calcium 30mg 2%	
			Iron 0.9mg 4%	
			Potassium 120mg 2%	

About 6 servings per container
Serving size
30 g

Calories 160
per serving

* 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.

INGREDIENTS: Peanuts, canola oil, salt, Almonds: canola oil, salt, Cranberries: sugar, sunflower oil, cranberry juice from concentrate, Banana, coconut oil, turbinado sugar, banana flavor., Walnuts, Pepitas (pumpkin seeds), salt.

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

CONTAINS: Almonds, Peanuts, Walnuts

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Backyard Gourmet

Nutrition Facts

6 Servings Per Container

Serving size (3 TBSP) 30g

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 9g **11%**

Saturated Fat .5g **4%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **6%**

Total Sugars 8g

includes 2g Added Sugar **5%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron .8mg **4%**

Potassium 110mg **2%**

*The % Daily Value 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.

Ingredients:

Cinnamon Praline Peanuts: peanuts, sugar, salt, cinnamon, vanilla extract (water, propylene glycol, vanillin, caramel color, 0.1% sodium benzoate [added as a preservative] phosphoric acid, and ethyl vanillin, **Cherries:** sugar, sunflower oil, **Almonds:** canola oil, salt, **Peanuts:** canola oil, salt, **Pretzel Balls:** enriched wheat flour (wheat flour, niacin, reduced iron, thiamine, monitrate, riboflavin, folic acid), vegetable oil (may contain corn, canola or soybean oil), salt, corn syrup, sodium bicarbonate yeast.

Cherries may contain an occasional pit.

CONTAINS: ALMONDS, PEANUTS, SOY, WHEAT

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