

NUTRITIONAL FACTS

FERRIS NUT CO

Cherries, Berries & Nuts Mix

Nutrition Facts	
About 15 Servings Per Container	
Serving Size	¼ cup (30g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Sugars 11g	
Incl. 9g Added Sugars	18%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 0.86mg	4%
Potassium 115mg	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.



Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Cashews, Almonds, Dried Cherries (Cherries, Sugar, Sunflower Oil), Pecans, Peanut Oil, Salt.

NUTRITIONAL FACTS

FERRIS NUT CO

Blueberry Banana Nut Mix



Nutrition Facts	
About 10 Servings Per Container	
Serving Size	¼ cup (30g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Sugars 9g	
Incl. 6g Added Sugars	12%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 0.65mg	4%
Potassium 140mg	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.

4g
OF PROTEIN
PER SERVING

140mg
OF POTASSIUM
PER SERVING

Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Almonds, Peanuts, Cashews, Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Banana Chips (Bananas, Vegetable Oil, Sugar, Natural Banana Flavor), Peanut Oil, Salt.