

# NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

## CRISPY CORN AND CASHEW SAVORY CRUNCH

### NUTRITION FACTS

Serving Size 30g  
(3 tablespoons)  
Servings Per Container 23

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#### Amount Per Serving

Calories	146	
Calories from Fat	83	
Total Fat	9g	14%
Total Carbs	15g	4%
Sat. Fat	1g	5%
Fiber	3g	12%
Trans Fat	0	
Cholesterol	0g	0%
Sugars	2g	
Sodium	113mg	5%
Protein	4g	

Vitamin A 0% Vitamin C 1%

Calcium 1% Iron 2%

Percent Daily Values based  
on a 2000 Calorie Diet.

### INGREDIENTS:

CORN (SUNFLOWER OIL, SEA SALT),  
ALMONDS (CANOLA OIL, SALT), SESAME CHIPS  
(UNBLEACHED WHEAT FLOUR, SOYBEAN OIL,  
SESAME SEEDS, SUGAR, WHEAT STARCH, HONEY,  
BULGUR WHEAT, MALTODEXTRIN, SALT,  
TURMERIC, BEET POWDER, XANTHAN GUM),  
CASHEWS (SALT, PEPPER AND OTHER SPICES).

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