

NUTRITIONAL FACTS

Geoffrey Zakarian

Sea Salt and Black Pepper Nut Mix

Nutrition Facts	
About 15 Servings Per Container	
Serving Size	¼ cup (30g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Sugars 1g	
Incl. 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1.3mg	8%
Potassium 190mg	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>	

Ingredients:

Cashews, almonds, pecans, pistachios, peanut oil, black peppercorns, olive oil, sea salt.

Contains: Cashews, Almonds, Pecans, Pistachios, Peanuts

Manufactured in a facility that produces products containing peanuts, tree nuts, wheat, soy, milk and egg.

NUTRITIONAL FACTS

Sweet and Savory Mix

Nutrition Facts	
About 15 Servings Per Container	
Serving Size	¼ cup (30g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Incl. 5g Added Sugars	10%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1.3mg	8%
Potassium 190mg	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>	

Ingredients:

Cashews, Dried Cherries (Cherries, Sugar, Sunflower Oil), Almonds, Bittersweet Chocolate (Chocolate Liquor [Processed with Alkali], Sugar, Milk Fat, Cocoa Butter, Soy Lecithin [An Emulsifier], Vanillin [Artificial Flavor]), Pecans, Filberts, Toasted Coconut, Olive Oil, Peanut Oil, Sea Salt.

Contains: Cashews, Almonds, Pecans, Filberts, Coconut, Milk, and Soy.

Manufactured in a facility that produces products containing peanuts, tree nuts, wheat, soy, milk and egg.