

# 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.

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## CRISPY CORN & CASHEW

### Nutrition Facts

6 Servings Per Container

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

Amount Per Serving

**Calories 160**

% Daily Value\*

**Total Fat** 10g **13%**

Saturated Fat 1.5g **7%**

Trans Fat 0g **0%**

**Cholesterol** 0mg **0%**

Sodium 130mg **6%**

**Total Carbohydrate** 13g **5%**

Dietary Fiber 2g **7%**

Total Sugars 2g

includes <1g Added Sugar **2%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 40mg **4%**

Iron 1.1mg **6%**

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:

**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), **Toasted Corn:** corn, palm oil, salt, **Almonds:** canola oil, salt, **Cashews:** canola oil, salt, black pepper, garlic, onion, lemon peel, bell pepper, herbs, maltodextrin and zanthan gum.

**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.**

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## SUMMER WONDERLAND

### Nutrition Facts

8 Servings Per Container

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

Amount Per Serving

**Calories** 150

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 1g 6%

Trans Fat 0g 0%

**Cholesterol** 0mg 0%

Sodium 45mg 2%

**Total Carbohydrate** 14g 5%

Dietary Fiber 2g 7%

Total Sugars 10g

includes 5g Added Sugar 9%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron .7mg 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:

Cranberries: sugar, sunflower oil, cranberry juice from concentrate,

Almonds: canola oil, salt,

Cashews: canola oil, salt,

Macadamia nuts: salt,

Pecans: canola oil, salt,

Cherries: sugar, sunflower oil.

**Cherries may contain an occasional pit.**

**CONTAINS: ALMONDS, CASHEWS, MACADAMIA NUTS, PECANS**

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

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## Spicy Chili Wasabi

<b>Nutrition Facts</b>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	<b>Total Fat</b> 8g	<b>10%</b>	<b>Total Carbohydrate</b> 15g	<b>5%</b>
Saturated Fat 1g	6%	Dietary Fiber 2g	6%	
<i>Trans</i> Fat 0g		Total Sugars <1g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 240mg	<b>11%</b>	<b>Protein</b> 4g		

5 servings per container  
**Serving size**  
**30 g**

**Calories 210**  
**per serving**

Vitamin D 0.2mcg 2% • Calcium 30mg 2% • Iron 1.1mg 6% • Potassium 120mg 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.

INGREDIENTS: Peanuts: canola oil, salt, Rice Crackers: glutinous rice, soy sauce (water, soybean, wheat), sugar, sesame see, seaweed, chili, Sesame Sticks Cajun: enriched wheat flour (unbleached wheat flour, malted barley, flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, folic acid), soybean oil, sesame seeds, bulgur wheat, cajun seasoning ( salt, spices (includes paprika for color), dehydrated onion, Torula yeast, green bell pepper, dehydrated garlic, cocoa powder (processed with alkali), paprika oleoresin (color)), salt, beet powder (color), turmeric (color), BBQ Corn: corn, palm oil, sweet barbeque flavoring, Wasabi Peas: green peas, modified corn starch, corn starch, sugar, sea salt, soybean oil, wasabi, FD&C Yellow #5 & Blue #1.

MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, MILK, SOY, WHEAT AND EGG PRODUCTS.  
MAY CONTAIN STEM, SHELL, PIT AND/OR SEED FRAGMENTS.

CONTAINS: PEANUTS, WHEAT, SOY

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## Summer Crunch

<b>Nutrition Facts</b>	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 <b>Serving size</b> <b>30 g</b>	<b>Total Fat</b> 9g	<b>12%</b>	<b>Total Carbohydrate</b> 14g	<b>5%</b>	
	Saturated Fat 1g	6%	Dietary Fiber 2g	6%	
	<i>Trans</i> Fat 0g		Total Sugars 5g		
	Cholesterol 0mg	0%	Includes <1g Added Sugars	2%	
	Sodium 140mg	6%	<b>Protein</b> 4g		
	<b>Calories 150</b> per serving	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 2.1mg 10% • Potassium 70mg 2%			

INGREDIENTS: Honey Sesame Chips: enriched wheat 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), Cinnamon Almonds: almonds, sugar, cinnamon, vanilla extract (water, propylene glycol, vanillin, caramel color, .1% sodium benzoate (added as a preservative), phosphoric acid and ethyl vanillin), Cinnamon Graham Chortles: whole wheat flour, bleached enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid, sugar, sunflower oil, invert sugar, brown sugar, , cinnamon, soy lecithin, leavening (ammonium bicarbonate, sodium bicarbonate, monocalcium phosphate), salt, natural flavor, dextrose, egg whites, milk) Cashews: canola oil, salt

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

CONTAINS: Cashews, Egg, Milk, Sesame, Soy, Wheat