

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Hot Chocolate Mix

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 33g		42%	Total Carbohydrate 15g
Saturated Fat 4g		21%	Dietary Fiber 1g	4%
<i>Trans</i> Fat 0g			Total Sugars 12g	
Cholesterol 0mg		0%	Includes 10g Added Sugars	20%
Sodium 45mg		2%	Protein 3g	
Vitamin D 1.3mcg 6% • Calcium 30mg 2% • Iron 1.2mg 6% • Potassium 100mg 2%				

8 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: Milk Chocolate Almonds: milk chocolate (sugar, cocoa butter, whole milk, chocolate liquor, soy lecithin, vanilla), almonds, cottonseed and peanut oil, corn syrup, gum arabic, confectioners glaze., Marshmallow Truffle: milk chocolate: sugar, cocoa butter, chocolate, milk, soy lecithin (an emulsifier), sea salt, vanilla extract, sugar, palm oil, nonfat milk, milk, soybean oil, natural flavors, salt., Peanuts (canola oil, salt), Cinnamon Graham Mini 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., White Chocolate Chunks: sugar, palm kernel and palm oil, whey powder, nonfat dry milk solids, anhydrous dextrose, soy lecithin (an emulsifier), salt, and natural flavor, Pecans: 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: Almonds, Milk, Peanuts, pecans, Soy

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Peanut Butter Lovers

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 10g	12%	Total Carbohydrate 15g	5%
Saturated Fat 3.5g	18%	Dietary Fiber 1g	4%	
<i>Trans</i> Fat 0g		Total Sugars 11g		
Cholesterol 0mg	0%	Includes 5g Added Sugars	11%	
Sodium 60mg	3%	Protein 3g		
Vitamin D 2.1mcg 10% • Calcium 20mg 2% • Iron 0.8mg 4% • Potassium 150mg 4%				

7.5 servings per container
Serving size
30 g
Calories 150
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: Peanut Butter Cups: (sugar, palm kernel oil, nonfat milk, partially defatted peanut flour, milk, cocoa processed with alkali, peanut butter (peanuts, salt, hydrogenated palm oil), hydrogenated palm oil, soy lecithin (an emulsifier), salt vanilla extract, TBHQ and citric acid added to protect freshness), Raisins, Peanuts (canola oil, salt), Peanut Butter Drops: sugar, hydrogenated palm kernel oil, partially defatted peanut flour, nonfat milk powder, dry whey (milk), peanut butter (roasted peanuts, hydrogenated rapeseed and cottonseed oils), dextrose, salt, soy lecithin (an emulsifier), 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). 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, Milk, Peanuts, Soy

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Mixed Nuts

Nutrition Facts	
15 servings per container	
Serving size	30 g
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 16g	25%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 6g	8%
Dietary Fiber 2g	2%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin A	2%
Calcium	4%
Iron	4%
Vitamin C	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: Cashews: canola oil, salt, Almonds: canola oil, salt, Pecans: canola oil, salt, Filberts: 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: ALMONDS, CASHEWS, HAZELNUTS, PECANS

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

American Harvest Mix

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 7g		14%	Total Carbohydrate 21g
Saturated Fat 5g		5%	Dietary Fiber 3g	9%
<i>Trans</i> Fat 0g			Total Sugars 13g	
Cholesterol 0mg		0%	Includes 8g Added Sugars	16%
Sodium 0mg		0%	Protein 2g	

2 servings per container
Serving size
30 g

Calories 134
per serving

Vitamin D 0mcg 0% • Calcium 42mg 4% • Iron 0.5mg 3% • Potassium 111mg 3%

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INGREDIENTS: Dried Cranberries: sugar, cranberry juice from concentrate, sunflower oil. Walnuts, Almonds (canola oil), Blueberries (sugar, sunflower oil), Cherries (sugar, sunflower oil)

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CONTAINS: almonds, walnuts

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Chocolate Pretzel & Cinnamon

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 10g		13%	Total Carbohydrate 14g
Saturated Fat 2g		9%	Dietary Fiber 2g	6%
<i>Trans</i> Fat 0g			Total Sugars 7g	
Cholesterol 0mg		0%	Includes 6g Added Sugars	11%
Sodium 160mg		7%	Protein 4g	
Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.3mg 8% • Potassium 90mg 2%				

7.5 servings per container
Serving size
30 g

Calories 150
per serving

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INGREDIENTS: Peanuts (canola oil, salt), 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), Milk Chocolate: sugar, cocoa butter, whole milk, chocolate liquor, soy lecithin (an emulsifier), and vanilla, Pretzels: enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil [may contain one or more of the following: corn, canola, corn, soybean], salt, corn syrup, sodium bicarbonate, yeast, confectioners glaze (lac-resin), gumming solution (sugar, corn syrup, gum arabic), Cinnamon Peanuts: peanuts, sugar, cinnamon, Chocolate Graham Mini: whole wheat flour, bleached enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid, sugar, cocoa, sunflower oil, invert sugar, soy lecithin, leavening (ammonium bicarbonate, sodium bicarbonate, monocalcium phosphate), salt, natural flavor, dextrose, egg whites, milk)

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: Egg, Milk, Peanuts, Sesame, Soy, Wheat