

# NUTRITIONAL FACTS

KARMA NUTS

**karma**<sup>®</sup>  
choose wrapped<sup>®</sup>

Our Sea Salt Wrapped cashews include their natural skin. Keeping the skin on increases the crunch, elevates the flavor, and enhances the nutrition. Dusted with sea salt, it's a soul-satisfying experience.



## Nutrition Facts

7 servings per container

**Serving Size** 1/4 cup (28g)

Amount per Serving

**Calories** 160

% Daily Value\*

**Total Fat** 12g 15%

Saturated Fat 2.5g 13%

*Trans* Fat 0g

Polyunsaturated Fat 2.0g

Monounsaturated Fat 7g

**Cholesterol** 0g 0%

**Sodium** 170mg 7%

**Total Carbohydrate** 9g 3%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 4g

Vitamin D 0.0mcg 0% • Calcium 10.0mg 0%

Iron 2.0mg 10% • Potassium 210.0mg 4%

Vitamin K 14.0mcg 10% • Phosphorus 140.0mg 10%

Magnesium 70.0mg 15% • Zinc 1.7mg 15%

Copper 0.5mg 60% • Manganese 0.6mg 25%

\*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

Cashews, Sea Salt.

OUR SKINS PROVIDE  
ANTIOXIDATIVE ACTIVITY  
COMPARABLE TO BLUEBERRIES

2X THE FIBER OF  
TRADITIONAL CASHEWS

NATURAL PLANT PROTEIN,  
ALWAYS VEGAN

NON-GMO, GLUTEN-FREE,  
& KOSHER

GOOD SOURCE OF  
6 ESSENTIAL MINERALS



KARMANUTS.COM  
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**ALLERGY WARNING:** Contains Cashews.

**CHOKING WARNING:** Small children can choke on nuts.

**WATCH OUT:**

Contains desiccant packet for freshness, do not eat.

**DISTRIBUTED BY:**

KARMA NUTS, DUBLIN, CA 94568

PRODUCT OF INDIA.

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KARMA NUTS

**karma**<sup>®</sup>  
revel in the roast

Air-roasted without oil.  
Supremely crunchy. Unbelievably  
delicious. Karma takes cashews  
to a whole new level of being. With  
real toasted coconut and pure cane  
sugar, the taste is truly amazing.



## Nutrition Facts

7 servings per container  
**Serving Size** 1/4 cup (28g)

Amount per Serving  
**Calories** 160

% Daily Value\*

<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.0g	
Monounsaturated Fat 6g	
<b>Cholesterol</b> 0g	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 5g Added Sugars	<b>10%</b>

**Protein** 4g

Vitamin D 0.0mcg 0%	•	Calcium 10.0mg 0%
Iron 1.7mg 10%	•	Potassium 130.0mg 2%
Vitamin K 10.0mcg 8%	•	Phosphorus 130.0mg 10%
Magnesium 60.0mg 15%	•	Zinc 1.1mg 10%
Copper 0.4mg 45%	•	Manganese 0.5mg 20%

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## INGREDIENTS

Cashews, Natural Cane Sugar,  
Organic Rice Syrup, Coconut  
Flakes, Sea Salt.

## NATURAL PLANT PROTEIN

NON-GMO  
& VEGAN

GLUTEN-FREE  
& KOSHER

HIGH IN COPPER  
& MANGANESE

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# NUTRITIONAL FACTS

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**karma**<sup>®</sup>  
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Our Cinnamon Wrapped cashews include their natural skin. Sweet and savory with hints of cinnamon spice and vanilla, air-roasted without oil. Keeping the skin on increases the crunch, elevates the flavor, and enhances the nutrition.

## Nutrition Facts

7 servings per container

**Serving Size** 1/4 cup (28g)

Amount per Serving

**Calories** 160

% Daily Value\*

**Total Fat** 12g 15%

Saturated Fat 2.5g 13%

Trans Fat 0g

Polyunsaturated Fat 2.0g

Monounsaturated Fat 7g

**Cholesterol** 0g 0%

**Sodium** 180mg 8%

**Total Carbohydrate** 12g 4%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 5g Added Sugars 10%

**Protein** 4g

Vitamin D 0.0mcg 0% • Calcium 10.0mg 0%

Iron 1.7mg 10% • Potassium 160.0mg 4%

Vitamin K 12.0mcg 10% • Phosphorus 140.0mg 10%

Magnesium 60.0mg 15% • Zinc 1.1mg 10%

Copper 0.5mg 60% • Manganese 0.6mg 25%

\*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

Cashews, Natural Cane Sugar, Cinnamon, Organic Rice Syrup, Sea Salt, Natural Vanilla Extract, Natural Cinnamon Extract.

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ANTIOXIDATIVE ACTIVITY  
COMPARABLE TO BLUEBERRIES

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TRADITIONAL CASHEWS

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ALWAYS VEGAN

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& KOSHER

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