

# NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

## Backyard Gourmet

<b>Nutrition Facts</b>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	<b>14 servings per container</b>	<b>Total Fat 9g</b>	<b>12%</b>	<b>Total Carbohydrate 19g</b>
<b>Serving size 30 g</b>	Saturated Fat >1g	5%	Dietary Fiber 2g	8%
<b>Calories 153</b> per serving	<i>Trans Fat</i> 0g		Total Sugars 9g	
	Cholesterol 0mg	0%	Protein 4g	
	Sodium 123mg	5%		
	Vitamin A 8% • Calcium 2% • Iron 5% • Vitamin C >1%			

\* 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: Blanched Peanuts (canola oil, salt); Roasted Almonds (canola oil, salt); Dried Cherries (sugar, sunflower oil); Cinnamon Praline Peanuts (peanuts, sugar, cinnamon, vanilla, salt); Pretzel Balls (enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil, (may contain corn, canola, soybean), salt, corn syrup, sodium bicarbonate, yeast).

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

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## Cinnamon Apple Pumpkin Spice

<b>Nutrition Facts</b>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	<b>Total Fat</b> 14g		<b>19%</b>	<b>Total Carbohydrate</b> 10g
Saturated Fat 2g		<b>9%</b>	Dietary Fiber 2g	<b>12%</b>
<i>Trans</i> Fat 0g			Total Sugars 5g	
Cholesterol 0mg		<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
Sodium 98mg		<b>3%</b>	<b>Protein</b> 4g	
Vitamin A >1% • Calcium 1% • Iron 4% • Vitamin C 4%				

13 servings per container  
**Serving size**  
**30 g**  
**Calories 170**  
**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: Roasted Salted Peanuts, Cinnamon Spiced Pecans (sugar, brown sugar, cinnamon, salt), Cinnamon Apple Chips (apples, canola oil, sunflower oil, corn syrup, citric acid, ascorbic acid, (vitamin C) cinnamon), Honey roasted sesame sticks (unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, honey coating (sucrose, wheat starch, honey), bulgur wheat, tack blend (maltodextrin, xanthan gum), salt, tumeric (color) beet powder (color), wheat, soy, Pepitas: pumpkin seeds, 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: Peanuts, Sesame, Soy, Wheat