

NUTRITIONAL FACTS

KARMA NUTS

karma[®]
choose wrapped[®]

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.

NUTRITIONAL FACTS

KARMA NUTS

karma[®]
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*

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

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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ALLERGY WARNING: Contains Cashews and Coconut
CHOKING WARNING: Small children can choke on nuts.
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KARMA NUTS

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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%

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CHOKING WARNING: Small children can choke on nuts.

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PRODUCT OF INDIA.



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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KARMA NUTS

Snack Bags – Toasted Coconut

Nutrition Facts Serving size: 1 bag (21g),

Amount per serving: **Calories 120**, **Total Fat** 8g (10% DV),
Sat. Fat 2g (9% DV), *Trans* Fat 0g, Polyunsat. Fat 1.5g,
Monounsat. Fat 4.5g, **Cholest.** 0mg (0% DV), **Sodium** 45mg (2% DV),
Total Carb. 9g (3% DV), Dietary Fiber 1g (3% DV), Total Sugars 5g
(Incl. 4 Added Sugars, 8% DV), **Protein** 3g, Vit. D (0% DV), Calcium (0%
DV), Iron (7% DV), Potas. (2% DV), Vit. K (6% DV), Phosphorus
(8% DV), Magnesium (11% DV), Zinc (8% DV), Copper (33% DV),
Manganese (16% DV).