

# NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

## Natures Finest

<b>Nutrition Facts</b>	
15 servings per container	
<b>Serving size</b>	<b>30 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value *	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 1g	5%
Total Sugars 14g	
Includes 6g Added Sugars	11%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Almonds: canola oil, salt., Cranberries: sugar, sunflower oil, cranberry juice from concentrate, Raisins, Dried Pineapple: pineapple, sugar, citric acid, sodium metabisulphite, Cashews: canola oil, salt, Walnuts, Yogurt Drops: sugar, palm kernel oil, nonfat dry milk, Greek yogurt powder (nonfat milk solids, culture, lactic acid, and natural flavor), lactic acid, soy lecithin (an emulsifier), and natural flavor., Dried Strawberries: strawberries, cane sugar, ascorbic acid (vitamin C), sunflower oil

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, MILK, SOY, WALNUTS

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## Cherry Berry

<b>Nutrition Facts</b>	
15 servings per container	
<b>Serving size</b>	<b>30 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	8%
Total Sugars 9g	
Includes 4g Added Sugars	7%
<b>Protein</b> 4g	
Vitamin D	0%
Calcium	2%
Iron	6%
Potassium	4%
* 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: Cranberries (sucrose, cranberry juice from concentrate, sunflower oil), Cashews, Almonds, Pecans, Cherries (sugar, sunflower oil).

Manufactured on equipment that processes peanuts, tree nuts, milk, soy, wheat, egg, and sesame products.

May contain stems, shell, pit and/or seed fragments.

CONTAINS: Almonds, Cashews, Pecans