

# NUTRITIONAL FACTS

FERRIS NUT CO

## Cherries, Berries & Nuts

<b>Nutrition Facts</b>	
1 Serving Per Container	
<b>Serving Size</b>	<b>1 pouch (49.6g)</b>
Amount per serving	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 17g	
Incl. 14g Added Sugars	<b>28%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 1.4mg	8%
Potassium 190mg	4%
<small>* 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.</small>	

**Ingredients:** Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Cashews, Almonds, Dried Cherries (Cherries, Sugar, Sunflower Oil), Pecans, Peanut Oil, Salt.

**Allergens:** Contains: Cashews, Almonds, and Pecans.

# NUTRITIONAL FACTS

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## Cranberry Crunch

Nutrition Facts	
1 Serving Per Container	
Serving Size	1 pouch (50g)
Amount per serving	230
<b>Calories</b>	
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Sugars 21g	
Incl. 13g Added Sugars	26%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.7mg	4%
Potassium 230mg	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:** Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Peanuts, Almonds, Raisins (Raisins, Sunflower Oil), Yogurt Raisins (Yogurt Flavored Coating [Sugar, Palm Kernel Oil, Palm Oil, Whey Powder, Whole Milk Powder, Artificial Color [Titanium Dioxide], Yogurt Powder [Cultured Whey, Nonfat Milk], Soy Lecithin [Emulsifier], Salt, Vanilla Extract], Raisins [Raisins, Sunflower Oil], Confectioners Glaze [Lac Resin] Gumming Solution [Sugar, Corn Syrup, Gum Arabic]), Peanut Oil, Salt.

**Allergens:** Contains: Milk, Soy, Almonds, and Peanuts