

# NUTRITIONAL FACTS & INGREDIENT LIST

EARTHSIDE FARMS

## Orange Ginger Almonds

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 oz (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>131</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 3g	
<b>Protein</b> 3g	<b>6%</b>
Calcium 21mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 11mg	<b>0%</b>
<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: Almonds, Natural Sweetener (Erythritol, Monk Fruit Extract), Orange Powder, Ginger Powder, Natural Flavors, Vegetable Glycerin, Salt, Guar Gum

Contains: Almonds

Manufactured in a facility that processes tree nuts, peanuts, sesame, soy, and wheat. May contain occasional nut shell pieces

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## Butter Toffee Peanuts

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 oz (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>135</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 109mg	<b>5%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 2g	
<b>Protein</b> 6g	<b>12%</b>
<b>Calcium</b> 14mg	<b>1%</b>
<b>Potassium</b> 162mg	<b>3%</b>
*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: Peanuts, Natural Sweetener (Erythritol, Monk Fruit Extract), Natural Flavors, Vanilla Extract, Molasses Powder, Vegetable Glycerin, Salt, Guar Gum

Contains: Peanuts

Manufactured in a facility that processes tree nuts, peanuts, sesame, soy, and wheat. May contain occasional nut shell pieces

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## Banana Bread Walnuts

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 oz (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>145</b>
% Daily Value*	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 22mg	<b>1%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 3g	
<b>Protein</b> 3g	<b>6%</b>
Calcium 21mg	<b>2%</b>
Potassium 94mg	<b>2%</b>
Folate 20mcg	<b>5%</b>
Phosphorus 73mg	<b>6%</b>
Magnesium 33mg	<b>8%</b>
Selenium 1mcg	<b>2%</b>
Vitamin A 4mcg	<b>0%</b>
*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: Walnuts, Natural Sweetener (Erythritol, Monk Fruit Extract), Natural Flavors, Banana Powder, Cinnamon, Vegetable Glycerin, Salt, Guar Gum

Contains: Walnuts

Manufactured in a facility that processes tree nuts, peanuts, sesame, soy, and wheat. May contain occasional nut shell pieces

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## Blueberry Vanilla Cashews

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 oz (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>131</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 27mg	<b>1%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 3g	
<b>Protein</b> 3g	<b>6%</b>
<b>Calcium</b> 21mg	<b>2%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 2mg	<b>0%</b>
<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: Cashews, Natural Sweetener (Erythritol, Monk Fruit Extract), Natural Flavors, Blueberry Powder, Molasses Powder, Vanilla Extract, Vegetable Glycerin, Salt, Guar Gum

Contains: Cashews

Manufactured in a facility that processes tree nuts, peanuts, sesame, soy, and wheat. May contain occasional nut shell pieces