

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Get Your Snack
On

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 10g		13%	Total Carbohydrate 14g
Saturated Fat 1.5g		7%	Dietary Fiber 2g	7%
Trans Fat 0g			Total Sugars 3g	
Cholesterol 0mg		0%	Includes 0g Added Sugars	0%
Sodium 220mg		10%	Protein 4g	
Vitamin D 0mcg 0% • Calcium 40mg 2% • Iron 0.7mg 4% • Potassium 80mg 2%				

19 servings per container
Serving size
30 g

Calories 150
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: Peanuts:(peanuts, canola oil, spices and salt), Salted Sesame Sticks: enriched wheat flour (unbleached wheat flour, malted barley, flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, folic acid), soybean oil, sesame seeds, bulgur wheat, salt, beet powder (color), turmeric (color), Chill Cheese Corn Jax: (Yellow corn masa, soybean oil, chill cheese seasoning, (salt, maltodextrin [corn], whey, onion powder, cream powder, tomato powder, natural flavors, cheddar and swiss cheeses (milk, cheese cultures, salt, enzymes), spices, corn syrup solids, dextrose, garlic powder, less than 2% of the following: paprika, citric acid, lactic acid, yellow 5 lake, yellow 6 lake, disodium inosinate & disodium guanylate)), Almonds: canola oil, salt, Honey Sesame Chips: enriched wheat flour (unbleached wheat flour, malted barley, flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, folic acid), soybean oil, sesame seeds, honey coating (sucrose, wheat starch, honey), bulgur wheat, tack blend (maltodextrin, xanthan gum), salt, turmeric (color), beet powder (color), Pretzel Balls: enriched wheat flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), vegetable oil, (may contain corn, canola, or soybean oil), salt, corn syrup, sodium bicarbonate, yeast, Raisins: sugar

MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, SESAME, TREE NUTS, MILK, SOY, WHEAT AND EGG.
PRODUCTS MAY CONTAIN STEM, SHELL, PIT AND/OR SEED FRAGMENTS.

CONTAINS: ALMONDS, MILK, PEANUTS, SESAME, SOY, WHEAT

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

High Energy Trail Mix

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 11g		14%	Total Carbohydrate 10g
Saturated Fat 2.5g		12%	Dietary Fiber 2g	8%
<i>Trans</i> Fat 0g			Total Sugars 5g	
Cholesterol 0mg		0%	Includes 2g Added Sugars	5%
Sodium 60mg		3%	Protein 5g	
		Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 0.9mg 4% • Potassium 120mg 2%		

About 6 servings per container
Serving size
30 g

Calories 160
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: Peanuts, canola oil, salt, Almonds: canola oil, salt, Cranberries: sugar, sunflower oil, cranberry juice from concentrate, Banana, coconut oil, turbinado sugar, banana flavor., Walnuts, Pepitas (pumpkin seeds), salt.

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

CONTAINS: Almonds, Peanuts, Walnuts

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Cherry Berry

Nutrition Facts	
7 servings per container	
Serving size	30 g
Amount per serving	
Calories	150
% Daily Value *	
Total Fat 10g	15%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	7%
Dietary Fiber 2g	6%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin A	2%
Calcium	3%
Iron	8%
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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Almonds, Cranberries: sugar, sunflower oil, cranberry juice from concentrate, Cashews, Pecans, Cherries (sugar, sunflower oil)

MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUTS, SESAME, TREE NUTS, MILK, SOY, WHEAT, AND EGG PRODUCTS.
MAY CONTAIN STEMS, SHELL, PIT AND/OR SEED FRAGMENTS.

CONTAINS: ALMONDS, CASHEWS, PECANS