

NUTRITIONAL FACTS

GERMACK PISTACHIO COMPANY

Cinnamon Apple Pumpkin Spice

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	* 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.
13 servings per container	Total Fat 14g	19%	Total Carbohydrate 10g	3%	
Serving size 30 g	Saturated Fat 2g	9%	Dietary Fiber 2g	12%	
Calories 170 per serving	<i>Trans</i> Fat 0g		Total Sugars 5g		
	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%	
	Sodium 98mg	3%	Protein 4g		
	Vitamin A >1% • Calcium 1% • Iron 4% • Vitamin C 4%				

INGREDIENTS: Roasted Salted Peanuts, Cinnamon Spiced Pecans (sugar, brown sugar, cinnamon, salt), Cinnamon Apple Chips (apples, canola oil, sunflower oil, corn syrup, citric acid, ascorbic acid, (vitamin C) cinnamon), Honey roasted sesame sticks (unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, honey coating (sucrose, wheat starch, honey), bulgur wheat, tack blend (maltodextrin, xanthan gum), salt, turmeric (color) beet powder (color), wheat, soy), Pepitas: pumpkin seeds, canola oil, salt

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: Peanuts, Sesame, Soy, Wheat, Pecans

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American Harvest

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	* 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.
16 servings per container Serving size 30 g	Total Fat 7g	14%	Total Carbohydrate 21g	7%	
	Saturated Fat 5g	5%	Dietary Fiber 3g	9%	
	<i>Trans</i> Fat 0g		Total Sugars 13g		
	Cholesterol 0mg	0%			
	Sodium 0mg	0%	Protein 2g		
Calories 134 per serving	Vitamin A 8% • Calcium 4% • Iron 3% • Vitamin C 0%				

INGREDIENTS: Dried Cranberries (sugar, cranberry juice from concentrate, sunflower oil), Walnuts, Almonds (canola oil), Blueberries (sugar, sunflower oil), Cherries (sugar, sunflower oil).

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CONTAINS: Almonds, Walnuts