

GKI TAMARI NUT MIX

02/07/2013

Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 150 **Calories from Fat** 110

% Daily Value*

Total Fat 13g **20%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 6g **2%**

 Dietary Fiber 2g **8%**

 Sugars 1g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ALMONDS, CASHEWS, PUMPKIN SEED KERNELS, SUNFLOWER SEEDS (SUNFLOWER KERNELS), TAMARI SAUCE (WATER, SOYBEANS, RICE, SALT).

Contains Almonds, Cashews, Soy and Sunflower Seeds.

Allergy Information: This product made in a facility that processes peanuts, tree nuts, soy, wheat and dairy products.

Allergy information: Manufactured on shared equipment with milk containing products. Incidental milk may be present.