



ANCHOR
INGREDIENTS

NUTRITIONAL INFORMATION

CASHEWS-ORG-320-P

PRODUCT NO. CASH09

DATE: 12/19/2019

REVISION: 1

Nutritional Information		
Serving Size: 100 g		
Amount per Serving		
Calories	553	
		% Daily Value *
Total Fat	44 g	67 %
Saturated Fat	8 g	31 %
<i>Trans</i> Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	12 mg	1 %
Total Carbohydrates	30 g	10 %
Dietary Fiber	3 g	13 %
Sugars	6 g	
Added Sugars	0 g	0 %
Protein	18 g	
Vitamin D	0 mcg	0 %
Calcium	37 mg	3 %
Iron	7 mg	37 %
Potassium	660 mg	14 %
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs		
	Calories:	2,000 2,500
Total Fat	Less than	65 g 80 g
Sat Fat	Less than	20 g 25 g
Cholesterol	Less than	300 mg 300 mg
Sodium	Less than	2,400 mg 2,400 mg
Total Carbohydrates		300 mg 375 mg
Dietary Fiber		25 g 30 g
Calories per gram		
Fat	9	Carbohydrates 4 Protein 4

Ingredients: Cashews

**The values listed above represent data collected from our suppliers and/or the USDA National Nutrient Database for Standard Reference, Release 28 (2016), to the best of our knowledge, we believe them to be accurate.*