

The Hillson Nut Company

~ Nuts of Quality ~

3225 West 71 Street Cleveland, Ohio 44102
216-961-4477, 800-333-2818, fax 216-961-4480

Nutritional Information Sheet: based on a 100 gram sample

Product: Cashews, Roasted No Salt

Total Calories: 581

Total Fat: 47.77 grams

Calories from Fat: 400 kcal per 100 grams

Saturated Fat: 8.48 grams

Trans Fat: 0 grams

Cholesterol: 0 milligrams

Sodium: 13 milligrams

Total Carbohydrates: 29.87 grams

Dietary Fiber: 3.3 grams

Sugars: 5.01 grams

Protein: 16.84 grams

Vitamin A: 0 IU

Vitamin C: 0.3 milligrams

Calcium: 43 milligrams

Iron: 6.05 milligrams

These values are approximate and derived by calculations based on available reference data. They should not be construed as final figures for your product. In nutritional labeling, analysis of the final product is required by the Code of Federal Regulations, Title 21, Section 101.9