



**ANCHOR**  
INGREDIENTS

**NUTRITIONAL INFORMATION**

**CASHEWS-ORG-320**

PRODUCT NO. CASH09

DATE: 4/25/2019

REVISION: 2

<b>Nutritional Information</b>			
Serving Size: 100 g			
Amount per Serving			
<b>Calories</b>	<b>553</b>		
		% Daily Value *	
Total Fat	44 g		67 %
Saturated Fat	8 g		31 %
Trans 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 %	Potassium	14 %
Calcium	3 %	Iron	37 %
*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
<b>Calories per gram</b>			
	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.*