

Cashew Roasted / Rostade Cashew

Lusciousness Concentrated. Whole cashews, roasted until golden-brown to bring out the creamy texture, then doused liberally with a sprinkle of fine salt for your pleasure. Cashews are protein packed and delicious. We guarantee that they will satisfy any sinfully salty cravings you may have.

100% Pleasure, 0% Guilt



Goodness



Nuts!



Vegan



Smile



Did you know that nuts have pores? Seal the package to keep your nuts fresh. Our special bags help keep hands out, but keep deliciousness in for longer!

Ingredients/Ingredienser:

Cashew nuts/Cashewnötter, salt. May contain traces of **peanuts** and **treenuts**/
Kan innehålla spår av **jordnöt**, **mandel**, **hasselnöt**, **paranöt**, **pistagenöt**, **pekannöt**,
valnöt, **macadamianöt** och **cashewnöt**.

Nutritional values/Nutritionsvärden:	(per 100 g)	(per serving/ per portion 42g)
Energy/Energi:	2401 KJ/574 Kcal	1008 KJ/241 kcal
Fat/Fett:	46.4g	19.5g
Saturated/Mättat:	9.2g	3.9g
Mono-unsaturated/Enkelomättat:	27.3g	11.5g
Poly-unsaturated/Fleromättat:	7.8g	3.3g
Carbohydrates/Kolhydrater	29.7g	12.5g
Sugars/Socker:	5g	2.1g
Dietary fibre/Kostfiber:	2g	1.3g
Protein/Protein:	15.3g	6.4g
Salt/Salt:	1.6g	0.7g
Vitamins/Vitaminer		
Vitamin B1:	0.4mg (38% DRI)**	0.2mg (16% DRI)**
Vitamin B6:	0.3mg (18% DRI)**	0.1mg (8% DRI)**
Minerals/Mineraler		
Iron/Järn:	6.7mg (48% DRI)**	2.8mg (20% DRI)**
Phosphor/Fosfor:	593mg (85% DRI)**	249mg (36% DRI)**
Potassium/Kalium:	660mg (33% DRI)**	277mg (14% DRI)**
Magnesium/Magnesium:	292mg (78% DRI)**	123mg (33% DRI)**

* Organic ingredient/Ekologisk ingrediens.

** Reference intake for an average adult/Referensintag för en genomsnittlig vuxen (8 400 kJ/2 000 kcal).

Warning/Varning: Potential choking hazard to small children/Tänk på att små barn lätt kan sätta innehållet i halsen/May contain **nut shell residue/Skalrester** kan förekomma.

Storage: Once opened, please keep me somewhere away from direct sunlight. Store me in a cool, chilled-out place. I'm not a vampire though, promise.

Förvaring: Förvaras torrt och svalt.

Go Nuts & Shop Nuts!

www.thisisnuts.co

Contact us at

info@thisisnuts.co

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OTHER

Weight/Vikt: Lot nr.:

Net Weight/Nettovikt:

Use by date/Bäst före: