


Cheesy Macadamias/Ostmacadamia

An answer to all your cheesy dreams (but minus the cliché plots), our Cheesy Bites Macadamia deliver cheese-coated, slow-roasted macadamia nuts with undertones of sun-dried tomato and garlic.

A cheesy, yet serious, snack.

100% Pleasuree, 0% Guilt!



 **Mindful Eating:** Calm your mind and soul. Reseal these special bags that help keep the deliciousness for as long as possible (& keep hands out) to minimize oxidation of the special ingredients. Enjoy!

Cheese flavored macadamia nuts/Macadamianötter med ostsmak.

Contains naturally occurring sugars/Innehåller naturligt förekommande socker.

Ingredients/Ingredienser: Macadamia nuts/Macadamianötter, cheese powder/ostpulver, whey powder/vasslepulver, salt/salt, dextrose/druvsocker, tomato powder/tomatpulver, flavors (cheese, butter)/aromer (ost, smör), onion powder/lökpulver, garlic powder/vitlökspulver, preservatives (**lactic acid**)/konserveringsmedel (**mjölksyra**), spice extracts (peppers) (peppers)/kryddextrakt (paprika).

May contain traces of peanuts and tree nuts/Kan innehålla spår av jordnöt, mandel, hasselnöt, paranöt, pistagenöt, pekannöt, valnöt, & cashewnöt.

Country of Origin/Ursprungsland: South Africa/Sydafrika

Nutritional values/Näringsvärden (Per 100 g) (Per serving/Per portion 42 g)

Energy/Energi (kcal):	3004 KJ/718 Kcal	1262 KJ/302 Kcal
Total fat/Totalt fett (g):	75.8	31.8
Saturated Fat/ Mättat fett (g):	12.1	5.1
Mono-unsaturated/Enkelomättad (g):	58.9	24.7
Poly-unsaturated (g):	1.5	0.6
Carbohydrate/Kolhydrat (g):	5.2	2.2
of which sugars/Varav sockerarter (g):	4.6	1.9
Fibre/Fiber (g):	8.6	3.6
Protein (g):	7.9	3.3
Salt (g):	0.13	0.05
Vitamins/Vitaminer (mg):		
Niacin/Niacin:	2.5mg (16% DRI)**	1.1mg (6.7% DRI)**
Vitamin B1:	1.2mg (109% DRI)**	0.5mg (46% DRI)**
Vitamin B6:	0.3mg (21% DRI)**	0.1mg (8% DRI)**
Minerals/Mineraler (mg):		
Magnesium/Magnesium (Mg):	130mg (35% DRI)**	54.6mg (15% DRI)**
Phosphor/Fosfor (P):	188mg (27% DRI)**	79.0mg (11% DRI)**
Iron/Järn (Fe):	3.7mg (26% DRI)**	1.6mg (11% DRI)**
Potassium/Kalium (K):	368mg (18% DRI)**	154.6mg (7% DRI)**

** Reference intake for an average adult/Referensintag för en genomsnittlig vuxen.

Potential choking hazard to small children/

Tänk på att små barn lätt kan sätta innehållet i halsen.

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.

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Weight/Vikt:

Lot nr.:

Net Weight/Nettovikt:

Best before/Bäst före: