

Organic Peanuts/Ekologiska Jordnötter

Honest & natural peanuts. Enjoy our delicious golden-roasted peanuts that are 100% organic and pure, with no additives or preservatives. A classic all-time favorite, but in a healthy, honest way.

100% Pleasure, 0% Guilt!



Mindful Eating: Seal the package to keep your nuts fresh. Our special bags help keep hands out, but keep deliciousness in for longer!

Contains naturally occurring sugars/Innehåller naturligt förekommande socker.

Ingredients/Ingredienser: Organic Peanuts*/Ekologiska Jordnötter*, No additives/Inga tillsatser.

May contain traces of treenuts/Kan innehålla spår av hasselnöt, paranöt, pistagenöt, pekannöt, valnöt & macadamianöt.

Country of Origin/ Ursprungsland: China/Kina

Nutritional values/Näringsvärden	(Per 100 g)	(Per serving/Per portion 45 g)
Energy/Energi (kcal):	581.0 (2433.0 kJ)	261.5 (1094.9 kJ)
Total fat/Totalt fett (g):	49.3	22.2
Saturated Fat/Mättat fett (g):	6.8	3.1
Mono-unsaturated/Enkelomättad (g):	24.5	11.0
Poly-unsaturated/Fleromättade (g):	15.6	7.0
Carbohydrate/Kolhydrater (g):	18.9	8.5
of which sugars/varav sockerarter (g):	4.2	1.9
Fibre/Fiber (g):	6.9	3.1
Protein (g):	26.3	11.8
¹Salt (g)	0.01	0.006
Vitamins/Vitaminer (mg):		
Vitamin E:	6.90 (57.50% DRI)**	3.11 (25.88% DRI)**
Niacin:	14.30 (89.38% DRI)**	6.44 (40.22% DRI)**
Vitamin B6:	0.30 (21.43% DRI)**	0.14 (9.64% DRI)**
Folate/Folatsyra:	126.00 (63.00% DRI)**	56.70 (28.35% DRI)**
Pantothenic Acid/ Pantotensyra:	1.40 (23.33% DRI)**	0.63 (10.50% DRI)**
Minerals/Mineraler (mg):		
Phosphor/Fosfor (P):	517.00(73.86% DRI)**	232.65 (33.24% DRI)**
Potassium/Kalium (K):	682.00 (34.10% DRI)**	306.90 (15.35% DRI)**
Zinc/Zink (Zn):	6.60 (66.00% DRI)**	2.97 (29.70% DRI)**
Copper/Koppar (Cu):	1.30 (130.00% DRI)**	0.59 (58.50% DRI)**
Manganese/Mangan (Mn):	2.10 (105.00% DRI)**	0.95 (47.25% DRI)**

* Organic ingredient/Ekologisk ingrediens.

¹ The content of salt is exclusively due to naturally occurring sodium/
Salthalten beror uteslutande på naturligt förekommande natrium.

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

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

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info@thisisnuts.co



Weight/Vikt:

Lot nr.:

Net Weight/Nettovikt:



Best before/Bäst före:

icke-EU-jordbruk
SE-EKO-01