


Peanuts Organic/Jordnötter Eko

Honest & Good Peanuts. Enjoy our delicious golden peanuts that are 100% organic and pure, with no additives or preservatives. We believe in honest products that enable you to be true to your taste buds!
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!

Ingredients/Ingredienser: *Peanuts/*Jordnötter, no additives/inga tillsatser.

May contain traces of *peanuts* and *treenuts*/Kan innehålla spår av *mandel, hasselnöt, paranöt, pistagenöt, valnöt, macadamianöt, cashewnöt, gluten & laktos*.

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)
From Fat/Från fett (g):	413.0 (1729.0 kJ)	185.9 (778.1 kJ)
From Carbohydrate/Från kolhydrater (g):	76.9 (322.0 kJ)	34.6 (144.9 kJ)
From Protein/Från protein (g):	91.4 (383.0 kJ)	41.1 (172.4 kJ)
Total fat/Totalt fett (g):	49.3	22.2
Saturated Fat/Mättat fett (g):	6.8	3.1
Mono-unsaturated/Enkelomättade (g):	24.5	11.0
Poly-unsaturated/ Fleromättade (g):	15.6	7.0
Total Carbohydrate/Totalt kolhydrater (g):	18.9	8.5
Sugars/Sockerarter (g):	4.2	1.9
Dietary Fiber/Kostfiber (g):	6.9	3.1
Protein (g):	26.3	11.8
¹ Sodium/Natrium	6.0	2.7

Vitamins (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 (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)**

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

*Organic ingredient/Ekologisk ingrediens.

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

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.

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:

Ikke-EU-jordbruk

SE-EKO-01