

Almond Valencia / Mandlar Valencia

This is Perfect. All hail the Almighty Almond - high in protein, and sunbathed in Spain until ripe for harvest. We ensure that our Almonds are 100% organic, and picked just for your pleasure. Perfect for simple snacking.

100% Pleasure, 0% Guilt



Mindful Eating: Did you know that nuts have pores and therefore absorb a tiny bit of what comes in to contact with them? That's why our bags have been specially designed to keep hands out & deliciousness in!



Ingredients/Ingredienser:

Organic almonds* / **Ekologiska mandlar***, No additives/Utan tillsatser. May contain traces of **peanuts** and **treenuts**/Kan innehålla spår av **jordnöt, mandel, hasselnöt, paranöt, pistagenöt, pekannöt, valnöt, macadamianöt** och **cashewnöt**.

Country of Origin/Ursprungsland: Spain/Spanien

Nutritional values/Nutritionsvärden:

	(per 100 g)	(per serving/ per portion 42g)
Energy/Energi:	2379 KJ/575 Kcal	999 KJ/242 kcal
Fat/Fett:	49.7g	20.9g
Saturated/Mättat:	3.7g	1.6g
Mono-unsaturated/Enkelomättat:	30.7g	12.9g
Poly-unsaturated/Fleromättat:	12.1g	5g
Carbohydrates/Kolhydrater	7.4g	3.1g
Sugars/Socker:	3.9g	1.6g
Dietary fibre/Kostfiber:	14.3g	6g
Protein/Protein:	21g	8.8g
Salt/Salt:	0.03g ¹	0.01g ¹

Vitamins/Vitaminer

Vitamin E: 26mg (216% DRI)** 10.9mg (90% DRI)**

Minerals/Mineraler

Calcium/Kalcium: 248mg (31% DRI)** 104.1mg (13% DRI)**
Iron/Järn: 4mg (29% DRI)** 1.7mg (12% DRI)**
Phosphor/Fosfor: 4174mg (500% DRI)** 1753mg (210% DRI)**
Potassium/Kalium: 728mg (36% DRI)** 305.8mg (15% DRI)**

¹The 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).

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

This is Nuts Sweden AB

Tyskbagargatan 4

114 43 Stockholm



Weight/Vikt: Lot nr.:

Net Weight/Nettovikt:

Use by date/Bäst före:



EU-jordbruk
SE-EKO-01