


Nut Mix Natural/Nötmix naturell

Natural Nut Blend. Creamy Cashews mixed with exotic Brazil Nuts, Crunchy Walnuts, rich Hazelnuts & almonds. All our nuts are left 100% Natural with no added flavours, just their natural deliciousness.

100% Pleasure, 0% Guilt!

 **Mindful Eating:** 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/Cashewnöt, Almond/Mandel, Hazelnuts/Hasselnöt, Walnuts/Walnötter, Brazil Nuts/Paranötter.

May contain traces of **peanuts & tree nuts**/Kan innehålla spår av **jordnöt, paranöt, pistagenöt, pekannöt, macadamianöt, gluten & laktos**.

Country of Origin/Ursprungsland: Various/Flera

Nutritional values/Näringsvärden (Per 100 g) (Per serving/Per portion 45 g)
Energy/Energi (kcal): 496.2 (2077.6 kJ) 223.3 (934.9 kJ)

Total fat/Totalt fett (g):	46.1	20.8
Saturated Fat/Mättat fett (g):	6.9	3.1
Mono-unsaturated/Enkelomättade (g):	18.9	8.5
Poly-unsaturated/Fleromättade (g):	17.7	7.9
Total Carbohydrate/Totalt kolhydrater (g):	21.4	9.63
Sugars/Sockerarter (g):	15.6	7.0
Dietary fibre/Kostfiber (g):	5.8	2.6
Protein (g):	13.4	6.0
¹Sodium/Natrium (mg):	4.4	2.0
Vitamins (mg)		
Vitamin E:	6.66 (55.50% DRI)**	3.00 (24.98% DRI)**
Folate/Folat:	44.40 (22.00% DRI)**	19.98 (9.99% DRI)**
Minerals (mg)		
Iron/Järn (Fe):	3.16 (22.57% DRI)**	1.42 (10.16% DRI)**
Phosphor/Fosfor (P):	410.00 (58.57% DRI)**	184.50 (26.36% DRI)**
Potassium/Kalium (K):	482.80 (24.14% DRI)**	217.26 (10.86% DRI)**
Zinc/Zink (Zn):	3.26 (32.60% DRI)**	1.47 (14.67% DRI)**
Copper/Koppar (Cu):	1.34 (134.00% DRI)**	0.60 (60.30% DRI)**
Selenium/Selen (Se):	387.06 (703.78% DRI)**	174.19 (316.70% DRI)**

¹The 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
(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: