

Nutritional Label
123980-001
COSTCO UNSALTED MIXED NUTS



Nutrition Facts

Serving Size 1 oz (28g)
 Servings per Container *(SEE BELOW)

Amount Per Serving

Calories 160 **Calories from Fat** 130

% Daily Value*

Total Fat	14g	22 %
Saturated Fat	2g	10 %
Trans Fat	0g	
Polyunsaturated Fat	3.5g	
Monounsaturated Fat	8g	
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Potassium	190mg	5 %
Total Carbohydrate	7g	2 %
Dietary Fiber	2g	8 %
Sugars	2g	
Protein	5g	

Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	8%
Vitamin E	10%	• Thiamin	2%
Riboflavin	0%	• Niacin	2%
Vitamin B6	2%	• Folic Acid	0%
Pantothenic Acid	0%	• Phosphorus	10%
Magnesium	15%	• Zinc	8%
Copper	20%	• Manganese	25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Potassium			3,500mg	3,500mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram
 Fat 9 * Carbohydrate 4 * Protein 4

INGREDIENTS: CASHEWS, ALMONDS, PISTACHIOS, PECANS, PEANUT OIL.

Allergen Statement

CONTAINS: CASHEWS, ALMOND, PISTACHIOS, PECANS

MAY CONTAIN TRACE AMOUNTS OF: PEANUTS, WHEAT, COCONUT, MILK, SOY, OTHER TREE NUTS