


# Big Cashews/Stora Cashews

Giant Cashews - Our Big Boy Cashews are from a unique, giant variety that grows deep in the jungles of Africa. Grown to an impressive size, they also hold impressive amounts of flavour. Do yourself a big favour and take a giant helping of our giant Cashews.

100% Pleasure, 0% Guilt!

 **Mindful Eating:** Calm your mind and soul. Reseal these special bags that help keep the deliciousness for as long as possible (& keep hands out) to minimize oxidation of the special ingredients. Enjoy!

**Ingredients/Ingredienser:** *Cashew/Cashewnöt*, sea salt/havssalt, antioxidant (E330). May contain traces of *peanuts* and *treenuts*/Kan innehålla spår av *jordnöt, mandel, hasselnöt, paranöt, pistagenöt, pekannöt, valnöt, macadamianöt, gluten & laktos*.

**Origin/Ursprung:** Africa/Afrika

<b>Nutritional values/Näringsvärden</b>	<b>(Per 100 g)</b>	<b>(Per serving/Per portion 45 g)</b>
Energy/Energi (kcal):	543.9 (2277.0 kJ)	244.8 (1024.6)
From Fat/Från fett (g):	359.7 (1506.3 kJ)	161.8 (677 kJ)
From Carbohydrate/Från kolhydrater (g):	121.3 (507.9 kJ)	54.6 (228.5 kJ)
From Protein/Från protein (g):	61.9 (259.7 kJ)	27.9 (116.9 kJ)
<b>Total fat/Totalt fett (g):</b>	<b>43.3</b>	<b>19.5</b>
Saturated Fat/Mättat fett (g):	7.7	3.5
Mono-unsaturated/Enkelomättade (g):	23.6	7.7
Poly-unsaturated/ Fleromättade (g):	10.6	3.5
<b>Total Carbohydrate/Totalt kolhydrater (g):</b>	<b>32.7</b>	<b>14.7</b>
Sugars/Sockerarter (g):	6.1	2.7
Dietary fibre/Kostfiber (g):	3.4	1.5
<b>Protein (g):</b>	<b>17.9</b>	<b>8.1</b>
<b>Salt (mg):</b>	<b>631.91</b>	<b>284.36</b>
<b>Vitamins (mg)</b>		
Vitamin K:	33.42 (44.56% DRI)**	15.04 (20.05% DRI)**
Thiamin/Tiamin:	0.39 (35.64% DRI)**	0.18 (16.04% DRI)**
Vitamin B6:	0.39 (28.00% DRI)**	0.18 (12.60% DRI)**
Pantothenic acid/Pantotensyra:	8.82 (147.00% DRI)**	3.97 (66.15% DRI)**
<b>Minerals (mg)</b>		
Iron/Järn (Fe):	6.60 (47.14% DRI)**	2.97 (21.21% DRI)**
Phosphor/Fosfor (P):	581.17 (83.02% DRI)**	261.52 (37.36% DRI)**
Potassium/Kalium (K):	646.92 (32.25% DRI)**	291.12 (14.56% DRI)**
Sodium/Natrium (Na):	631.9 (26.33% DRI)**	284.36 (11.85% DRI)**
Zinc/Zink (Zn):	5.69 (56.86% DRI)**	2.56 (25.59% DRI)**
Copper/Koppar (Cu):	2.16 (215.62% DRI)**	0.97 (97.03% DRI)**
Manganese/Mangan (Mn):	1.67 (35.47% DRI)**	0.75 (15.96% DRI)**

\*\*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.

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info@thisisnuts.co

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**Weight/Vikt: Lot nr:**

**Net weight/Nettovikt:**

**Use by date/Bäst före:**