


Salted Macadamia/Saltade Macadamianötter

Golden-roasted and salted to perfection. Whole Macadamias, roasted just right to bring out the full flavor, then doused liberally with a sprinkle of fine salt for your pleasure.

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!

Roasted and salted macadamia nuts/Rostade och saltade macadamianötter.
Contains naturally occurring sugars/Innehåller naturligt förekommande socker.

Ingredients/Ingredienser: Macadamia nuts/Macadamia nötter, salt.

May contain traces of peanuts and tree nuts/Kan innehålla spår av jordnöt, mandel, hasselnöt, paranöt, pistagenöt, pekannöt, valnöt & cashewnöt.

Country of Origin/Ursprungsland: Kenya/Kenya

Nutritional values/Näringsvärden (Per 100 g) (Per serving/Per portion 42 g)

Energy/Energi (kcal):	2996 KJ/716 Kcal	1258 KJ/301 kcal
Total fat/Totalt fett (g):	76	31.9
Saturated Fat/Mättat fett (g):	12	5
Carbohydrate/Kolhydrat (g):	5	2.1
of which sugars/varav sockerarter (g):	4	1.7
Fibre/Fiber (g):	8	3.4
Protein (g):	8	3.4
Salt (g):	1	0.4

Vitamins/Vitaminer (mg):

Niacin/Niacin:	2.5mg (16% DRI)**	1.1mg (6.7% DRI)**
Vitamin B1:	1.2mg (109% DRI)**	0.5mg (46% DRI)**
Vitamin B6:	0.3mg (21% DRI)**	0.1mg (8% DRI)**

Minerals/Mineraler (mg):

Magnesium/Magnesium (Mg):	130mg (35% DRI)**	54.6mg (15% DRI)**
Phosphor/Fosfor (P):	188mg (27% DRI)**	79.0mg (11% DRI)**
Iron/Järn (Fe):	3.7mg (26% DRI)**	1.6mg (11% DRI)**
Potassium/Kalium (K):	368mg (18% DRI)**	154.6mg (7% DRI)**

**Reference intake for an average adult/Referensintag för en genomsnittlig vuxen

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.

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Weight/Vikt:

Lot nr.:

Net Weight/Nettovikt:

Best before/Bäst före: