

# Ultimate Nut Mix/Ultimate Nötmix

Enjoy all your favourite nuts, gently roasted and liberally salted in one bag. This luxurious blend includes golden-roasted cashews with creamy almonds, delicious hazelnuts, buttery pistachios and sparkly macadamia nuts.

Enjoyment in every nut!

**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!

Roasted and salted nut mix/Rostad och saltad nötmix.

Contains naturally occurring sugars/Innehåller naturligt förekommande socker.

**Ingredients/Ingredienser:** Cashew/Cashewnöt, Almond/Mandel, Hazelnuts/Hasselnöt, Pistachio/Pistagekärnor, Macadamia/Macadamianöt, salt.

May contain traces of peanuts and treenuts/Kan innehålla spår av jordnöt, paranöt, pekannöt & valnöt.

**Country of Origin/Ursprungsland:**

Almonds/Mandlar: USA, Cashews/Cashewsnötter: Vietnam, Macadamia/

Macadamianötter: South Africa/Sydafrika, Hazelnuts/Hasselnötter: Turkey/Turkiet,

Pistachios/Pistaschnötter: Spain/Spanien

**Nutritional values/Näringsvärden (Per 100 g)(Per serving/Per portion 45 g)**

Energy/Energi (kcal): 603.1 (2525.2 kJ) 271.4 (1136.3 kJ)

**Total fat/Totalt fett (g):** 53.7 24.2

Saturated Fat/ Mättat fett (g): 6.2 2.8

Mono-unsaturated/Enkelomättad (g): 34.9 15.7

Poly-unsaturated/Fleromättade (g): 9.4 4.2

**Carbohydrate/Kolhydrat (g):** 23.2 10.5

of which sugars/varav sockerarter (g): 5.4 2.1

Fibre/Fiber (g): 8.2 3.7

**Protein (g):** 18.0 45

**Salt (g):** 0.43 0.19

**Vitamins/Vitaminer (mg):**

Vitamin E: 11.38 (94.83% DRI)\*\* 5.12 (42.68% DRI)\*\*

Thiamin/Tiamin: 0.36 (32.73% DRI)\*\* 0.16 (14.73% DRI)\*\*

Riboflavin: 0.35 (25.00% DRI)\*\* 0.16 (11.36% DRI)\*\*

Vitamin B6: 0.44 (31.43% DRI)\*\* 0.20 (14.14% DRI)\*\*

Pantothenic acid/

Pantotensyra: 3.05 (50.83 DRI)\*\* 1.37 (22.88% DRI)\*\*

**Minerals/Mineraler (mg):**

Iron/Järn (Fe): 4.93 (35.20% DRI)\*\* 2.22 (15.85% DRI)\*\*

Phosphor/Fosfor (P): 454.90 (65.00% DRI)\*\* 204.71 (29.24% DRI)\*\*

Zinc/Zink (Zn): 3.65 (36.50% DRI)\*\* 1.64 (16.43% DRI)\*\*

Copper/Koppar (Cu): 1.57 (157.00% DRI)\*\* 0.71 (70.65% DRI)\*\*

Manganese/Mangan (Mn): 2.82 (141.00% DRI)\*\* 1.27 (63.45% 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.

**Go Nuts & Shop Nuts!**  
[www.thisisnuts.co](http://www.thisisnuts.co)

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Weight/Vikt:

Lot nr.:

Net Weight/Nettovikt:

Best before/Bäst före: