

Pecan Halves/Pecannötter

Uncannily good Pecans. Unrivalled for their crisp and buttery texture, our Pecan halves are 100% organic and completely melt away in your mouth. They are Uncannily good.
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: *Pecans/*Pekannötter, no Additives/inga tillsatser. May contain traces of **peanuts** and **treenuts**/Kan innehålla spår av **jordnöt, mandel, hasselnöt, paranöt, pistagenöt, valnöt, macadamianöt, cashewnöt, gluten & laktos.**

Country of Origin/ Ursprungsland: USA

Nutritional values/Näringsvärden	(Per 100 g)	(Per serving/Per portion 45 g)
Energy/Energi (kcal):	710.0 (2973.0 kJ)	319.5 (1337.9)
From Fat/Från fett (g):	622.0 (2604.0 kJ)	279.9 (1171.8 kJ)
From Carbohydrate/Från kolhydrater (g):	55.5 (232.0 kJ)	25.0 (104.4 kJ)
From Protein/Från protein (g):	33.0 (138.0 kJ)	14.9 (62.1 kJ)
Total fat/Totalt fett (g):	74.3	33.4
Saturated Fat/Mättat fett (g):	6.3	2.8
Mono-unsaturated/Enkelomättade (g):	44.0	19.8
Poly-unsaturated/Fleromättade (g):	20.6	9.3
Total Carbohydrate/Totalt kolhydrater (g):	13.7	6.2
Sugars/Sockerarter (g):	4.1	1.8
Dietary Fiber/Kostfiber (g):	9.4	4.2
Protein (g):	9.5	4.3
¹ Sodium/Natrium	1.0	0.45

Vitamins (mg)

Thiamin/Tiamin:	0.50 (45.45% DRI)**	0.23 (20.45% DRI)**
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Minerals (mg)

Iron/Järn (Fe):	2.80 (20.00% DRI)**	1.26 (9.00% DRI)**
Phosphor/Fosfor (P):	293.00 (41.86% DRI)**	131.85 (18.84% DRI)**
Potassium/Kalium (K):	24.00 (21.20% DRI)**	190.80 (9.54% DRI)**
Zinc/Zink (Zn):	5.10 (51.00% DRI)**	2.30 (22.95% DRI)**
Copper/Koppar (Cu):	34.00 (120.00% DRI)**	15.30 (54.00% DRI)**
Manganese/Mangan (Mn):	3.90 (195% DRI)**	1.76 (87.75% DRI)**

¹The content of salt is exclusively due to naturally occurring sodium/
Salthalten beror uteslutande på naturligt förekommande natrium.

*Organic ingredient/Ekologisk ingrediens.

**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

This is Nuts Sweden AB

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114 43 Stockholm



OTHER

Weight/Vikt: Lot nr:

Net weight/Nettovikt:



Use by date/Bäst före:

icke-EU-jordbruk

SE-EKO-01