Country Club Mix 08/20/2019

Nutrition	n Facts
servings per contains Serving size	iner 1/4 cup(30g)
Amount per serving Calories	170
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat	4.5g
Monounsaturated Fa	t 7g
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added	Sugars 4%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 180mg	4%

INGREDIENTS: PEANUTS, HONEY SESAME STICKS (ENRICHED WHEAT FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON (REDUCED IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SOYBEAN OIL, SESAME SEEDS, HONEY COATING [SUCROSE, WHEAT STARCH, HONEY], BULGUR WHEAT, TACK BLEND [MALTODEXTRIN, XANTHAN GUM], SALT, BEET POWDER [COLOR], TURMERIC [COLOR]), PISTACHIOS, CASHEWS, ALMONDS, SUGAR, HONEY, VEGETABLE OIL (PEANUT AND/OR SOY), SALT, XANTHAN GUM.

CONTAINS: PEANUTS, PISTACHIOS, CASHEWS, ALMONDS, WHEAT.

MAY CONTAIN: OTHER TREE NUTS.

APPROVED

day is used for general nutrition advice.

By William Womack at 7:54 am, Aug 21, 2019



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