



ALMONDS BBQ ORGANIC

USA

Ingredients: Dry Roasted Organic Almonds, Organic Smoked Paprika, Sea Salt, Organic Chili Powder, Organic Garlic Powder, Organic Pecan Wood Smoke Infused Maple Syrup, Organic Black Pepper, Organic Onion Powder.

Nutrition Facts

Serving Size ¼ Cup (30g)

Amount per Serving

Calories	157	Calories From Fat	% Daily Value	
Total Fat		13 g	16 %	
Saturated Fat		1 g	5 %	
Cholesterol		0 mg	0 %	
Sodium		179 mg	8 %	
Total Carbohydrate		8 g	3 %	
Dietary Fiber		4 g	14 %	
Sugars		2 g		
Protein		6 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	6 %	Iron	8 %	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

ALMONDS MARCONA

ROASTED W/ SALT

Spain

Ingredients: Marcona Almonds, Sunflower Oil, Sea Salt.

Nutrition Facts

Serving Size 30g

Amount per Serving

Calories	200	Calories From Fat	% Daily Value	
Total Fat		17 g	22 %	
Saturated Fat		8 g	8 %	
Cholesterol		0 mg	0 %	
Sodium		110 mg	5 %	
Total Carbohydrate		5 g	2 %	
Dietary Fiber		3 g	11 %	
Sugars		2 g		
Protein		6 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	6 %	Iron	8 %	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

ALMONDS RAW ORGANIC

Italy

Ingredients: Organic Whole Raw Almonds.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat		15 g	19 %
Saturated Fat		1 g	5 %
Cholesterol		0 mg	0 %
Sodium		0 mg	0 %
Total Carbohydrate		6 g	2 %
Dietary Fiber		4 g	0 %
Sugars		1 g	
Protein		6 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	6 %	Iron	8 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



ALMONDS ROASTED ORGANIC

Sicily

Ingredients: Organic Almonds.

Nutrition Facts

Serving Size 1/3 Cup (30 g)

Amount per Serving

Calories	173	Calories From Fat	124	% Daily Value
Total Fat		15 g		22 %
Saturated Fat		1 g		5 %
Cholesterol		0 mg		0 %
Sodium		0 mg		0 %
Total Carbohydrate		6 g		2 %
Dietary Fiber		3 g		12 %
Sugars		1 g		
Protein		6 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	7 %	Iron	6 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



ALMONDS SLICED

USA

Ingredients: Almonds.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat	15 g		23 %
Saturated Fat	1 g		5 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	6 g		2 %
Dietary Fiber	4 g		12 %
Sugars	1 g		
Protein	6 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	6 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



ALMONDS

SLIVERED BLANCHED

USA

Ingredients: Almonds.

Nutrition Facts

Serving Size 30 g

Amount per Serving

Calories	180	Calories From Fat	% Daily Value
Total Fat	16 g		21 %
Saturated Fat	1 g		0%
Cholesterol	0 mg		0 %
Sodium	5 mg		0 %
Total Carbohydrate	9 g		3 %
Dietary Fiber	3 g		11 %
Sugars	1 g		
Protein	6 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	6 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



ALMONDS TAMARI

ORGANIC DRY ROASTED

USA

Ingredients: Organic Roasted Almonds, Wheat Free Tamari
(Water, Organic Soy Beans, Sea Salt).

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat		12 g	15 %
Saturated Fat		1 g	5 %
Cholesterol		0 mg	0 %
Sodium		70 mg	3 %
Total Carbohydrate		9 g	3 %
Dietary Fiber		4 g	14 %
Sugars		0 g	
Protein		5 g	Trans Fat 0 g
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

APPLES ORGANIC

Argentina

Ingredients: Organic Apples.

Nutrition Facts

Serving Size 40 g

Amount per Serving

Calories	130	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		4 mg	0 %	
Total Carbohydrate		32 g	12 %	
Dietary Fiber		3 g	11 %	
Sugars		28 g		
Protein		.5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	1 %	Iron	1 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



APRICOTS ORGANIC

Turkey

Ingredients: Organic Apricots.

Nutrition Facts

Serving Size 40 g

Amount per Serving

Calories	100	Calories From Fat	0	% Daily Value
Total Fat		0 g		0 %
Saturated Fat		0 g		0 %
Cholesterol		0 mg		0 %
Sodium		0 mg		0 %
Total Carbohydrate		24 g		8 %
Dietary Fiber		4 g		16 %
Sugars		18 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	35 %	Vitamin C	2 %	
Calcium	2 %	Iron	6 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



APRICOTS W/ SULFUR DIOXIDE

Turkey

Ingredients: Dried Apricots, Sulfur Dioxide as a
Preservative.

Nutrition Facts

Serving Size 40 g

Amount per Serving

Calories	100	Calories From Fat	0	% Daily Value
Total Fat		0 g		0 %
Saturated Fat		0 g		0 %
Cholesterol		0 mg		0 %
Sodium		0 mg		0 %
Total Carbohydrate		24 g		8 %
Dietary Fiber		4 g		16 %
Sugars		18 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	35 %	Vitamin C	2 %	
Calcium	2 %	Iron	6 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



BANANA COINS ORGANIC

Sri Lanka

Ingredients: Organic Bananas.

Nutrition Facts

Serving Size 30 g

Amount per Serving

Calories	107	Calories From Fat	5	% Daily Value
Total Fat		1 g		1 %
Saturated Fat		0 g		0 %
Cholesterol		0 mg		0 %
Sodium		0 mg		0 %
Total Carbohydrate		27 g		10 %
Dietary Fiber		3 g		11 %
Sugars		14 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C		%
Calcium	0 %	Iron		2 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



BANANA CHIPS SWEETENED ORGANIC

Philippines

Ingredients: Organic Philippine Bananas, Coconut Oil,
Sugar.

Nutrition Facts

Serving Size ¼ Cup (30g)

Amount per Serving

Calories	145	Calories From Fat	% Daily Value	
Total Fat		10 g	10 %	
Saturated Fat		8 g	41 %	
Cholesterol		0 mg	0 %	
Sodium		18 mg	1 %	
Total Carbohydrate		16 g	6 %	
Dietary Fiber		2 g	8 %	
Sugars		10 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	2 %	Iron	2 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

BLACK LICORICE WHEELS

Italy

Ingredients: Molasses, wheat flour, glucose syrup, corn starch, licorice juice (5%), stabilizers, sorbitol, glycerol, vegetable oil (coconut), modified potato starch, salt, natural flavorings, glazing agent, beeswax.

Nutrition Facts

Serving Size 3 Pcs 30 g

Amount per Serving

Calories	90	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		15 mg	1 %	
Total Carbohydrate		24 g	9 %	
Dietary Fiber		0 g	0 %	
Sugars		15 g		
Incl. 5 g. Added Sugar				
Protein		0 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	0 %	Iron	0 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

BRAZIL NUT

Brazil

Ingredients: Brazil Nuts.

Nutrition Facts

Serving Size ¼ Cup (32 g)

Amount per Serving

Calories	210	Calories From Fat	% Daily Value
Total Fat	21 g		27 %
Saturated Fat	5 g		25 %
Cholesterol	0 mg		0 %
Sodium	0 mg		4 %
Total Carbohydrate	4 g		1 %
Dietary Fiber	2 g		7 %
Sugars	>1 g		
Protein	5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	4 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



CACAO NIBS

ORGANIC

Peru

Ingredients: Fair Trade Organic Raw Cacao Beans.

Nutrition Facts

Serving Size 1 oz 30 g

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat	16 g		21 %
Saturated Fat	10 g		50 %
Cholesterol	0 mg		0 %
Sodium	5 mg		0 %
Total Carbohydrate	9 g		3 %
Dietary Fiber	5 g		18 %
Sugars	0 g		
Protein	4 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	30 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



CASHEWS CURRY

ORGANIC

USA

Ingredients: Organic Cashews, Organic Curry Powder, Sea Salt.

Nutrition Facts

Serving Size ¼ Cup (28 g)

Amount per Serving

Calories	162	Calories From Fat	% Daily Value
Total Fat	12 g		18 %
Saturated Fat	2g		10 %
Cholesterol	0 mg		0 %
Sodium	4 mg		0 %
Total Carbohydrate	10 g		3 %
Dietary Fiber	2 g		8 %
Sugars	2 g		
Protein	5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	13 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

CASHEWS KONA

USA

Ingredients: Cashews, Sugar, Butter, and Black Hawaiian Sea Salt.

Nutrition Facts

Serving Size ¼ Cup 30 g

Amount per Serving

Calories	160	Calories From Fat	% Daily Value	
Total Fat		9 g	12 %	
Saturated Fat		2 g	10 %	
Cholesterol		0 mg	0 %	
Sodium		85 mg	4 %	
Total Carbohydrate		15 g	5 %	
Dietary Fiber		0 g	0 %	
Sugars		9 g		
Protein		5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	0 %	Iron	6 %	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



CASHEWS SALTED ONION

ORGANIC

India, Vietnam, Benin, Ivory Coast

Ingredients: Dry Roasted Fair Trade Organic Cashews,
Organic Onion Powder, Organic Minced Onion, Sea Salt.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat	14 g		18 %
Saturated Fat	2.5 g		13 %
Cholesterol	0 mg		0 %
Sodium	150 mg		7 %
Total Carbohydrate	10 g		4 %
Dietary Fiber	1 g		4 %
Sugars	2 g		
Protein	5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	10 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



CASHEWS THAI

ORGANIC

India, Vietnam, Benin, Ivory Coast

Ingredients: Dry Roasted Fair Trade Organic Cashews, Organic Thai Spice Blend (Organic Ginger, Organic Cayenne Powder, Organic Lemongrass, Organic Garlic Powder), Sea Salt.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat	14 g		18 %
Saturated Fat	2.5 g		13 %
Cholesterol	0 mg		0 %
Sodium	150 mg		7 %
Total Carbohydrate	10 g		4 %
Dietary Fiber	1 g		4 %
Sugars	1 g		
Protein	4 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	10 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

CASHEWS PIECES RAW

ORGANIC

Vietnam/Canary Islands/ India

Ingredients: Organic Cashews.

Nutrition Facts

Serving Size 28 g

Amount per Serving

Calories	157	Calories From Fat	% Daily Value
Total Fat	12 g		16 %
Saturated Fat	2 g		11 %
Cholesterol	0 mg		0 %
Sodium	3 mg		0 %
Total Carbohydrate	9 g		3 %
Dietary Fiber	1 g		3 %
Sugars	2 g		
Protein	5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	1 %	Iron	11 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

CASHEWS WHOLE RAW

ORGANIC

Vietnam

Ingredients: Organic Raw Cashews.

Nutrition Facts

Serving Size 28 g

Amount per Serving

Calories	160	Calories From Fat	% Daily Value
Total Fat	12 g		16 %
Saturated Fat	2 g		11 %
Cholesterol	0 mg		0 %
Sodium	3 mg		0 %
Total Carbohydrate	9 g		3 %
Dietary Fiber	1 g		x %
Sugars	2 g		
Protein	5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	1 %	Iron	11 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



CASHEW PIECES ROASTED SALTED ORGANIC

USA

Ingredients: Organic Cashews, Sea Salt.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat	13 g		17 %
Saturated Fat	3 g		15 %
Cholesterol	0 mg		0 %
Sodium	170 mg		7 %
Total Carbohydrate	10 g		4 %
Dietary Fiber	1 g		4 %
Sugars	1 g		
Protein	5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	0 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



CASHEW PIECES ROASTED NO SALT ORGANIC

USA

Ingredients: Organic Cashews.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat	13 g		17 %
Saturated Fat	3 g		15 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	10 g		4 %
Dietary Fiber	1 g		4 %
Sugars	1 g		
Protein	5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	0 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

CHERRIES MONTMORENCY

France

Ingredients: Montmorency Red Tart Cherries, Sugar,
Sunflower Oil.

Nutrition Facts

Serving Size per 100 g

Amount per Serving

Calories	329	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		16 mg	1 %	
Total Carbohydrate		79 g	26 %	
Dietary Fiber		4 g	14 %	
Sugars		64 g		
<u>Incl. 18 g. added sugars</u>				
Protein		3 g	Trans Fat	0 g
Vitamin A	0 %	Vitamin C	0 %	
Calcium	3 %	Iron	6 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



CHERRIES TART ORGANIC

Uzbekistan

Ingredients: Dried Organic Red Tart Cherries.

Nutrition Facts

Serving Size ¼ Cup (40 g)

Amount per Serving

Calories	130	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		0 mg	0 %	
Total Carbohydrate		30 g	11 %	
Dietary Fiber		3 g	11 %	
Sugars		19 g		
Protein		2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	2 %	Iron	0 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

CHOCOLATE ALMOND CHIP DANCING STAR CHUNK OF ENERGY USA

Ingredients: Dates, chocolate chips (semi-sweet chocolate [sugar, unsweetened chocolate, cocoa butter, soy lecithin {an emulsifier}, vanilla extract]), sunflower seeds, sesame seeds, cocoa powder, roasted soy flour (non-GMO), almonds, cocoa butter, natural flavors. *May contain the occasional seed husk or shell.*

Nutrition Facts

Serving Size 4 Pcs 40 g

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat		9 g	12 %
Saturated Fat		2 g	10 %
Cholesterol		0 mg	0 %
Sodium		10 mg	0 %
Total Carbohydrate		21 g	8 %
Dietary Fiber		4 g	16 %
Sugars		15 g	
Incl. 4 g Added Sugar			
Protein		4 g	Trans Fat x g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	15 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

CHOCOLATE BUTTONS NOEL

France

Ingredients: Cocoa Mass, Sugar, Cocoa Butter, Low Fat Cocoa Powder, Emulsifier: Lecithin, Vanilla Flavor
Cocoa: 72% Minimum.

Nutrition Facts

Serving Size 30 g

Amount per Serving

Calories	180	Calories From Fat	% Daily Value
Total Fat	13 g		17 %
Saturated Fat	8 g		41 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	13 g		4 %
Dietary Fiber	3 g		12 %
Sugars	9 g		
Incl. 8 g Added Sugar			
Protein	3 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	10 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

CHOCOLATE ORANGE DELIGHTS

Spain

Ingredients: Candied Orange (Orange, Glucose and Fructose Syrup, Sugar, Citric Acid) and Chocolate (Cocoa Mass. (56% min) Sugar, Cocoa Butter, Soy Lecithin, Vanilla).

Nutrition Facts

Serving Size 2 Pcs 28 g

Amount per Serving

Calories	120	Calories From Fat	% Daily Value	
Total Fat		4.5 g	6 %	
Saturated Fat		2.5 g	13 %	
Cholesterol		0 mg	0 %	
Sodium		15 mg	1 %	
Total Carbohydrate		20 g	7 %	
Dietary Fiber		1 g	4 %	
Sugars		18 g		
Incl. 18g Added Sugar				
Protein		1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	%	Iron	%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



COCONUT CHIPS MAPLE TOASTED ORGANIC

Sri Lanka

Ingredients: Organic Coconut Chips, Organic Maple Syrup.



Nutrition Facts

Serving Size ½ Cup (28 g)

Amount per Serving

Calories	160	Calories From Fat	% Daily Value
Total Fat	15 g		19 %
Saturated Fat	13g		65 %
Cholesterol	0 mg		0 %
Sodium	10 mg		0 %
Total Carbohydrate	10 g		4 %
Dietary Fiber	3 g		11 %
Sugars	6 g		
Protein	1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	%	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



COCONUT CHIPS RAW ORGANIC

Sri Lanka, Philippines
Ingredients: Organic Coconut.

Nutrition Facts

Serving Size ½ Cup (28 g)

Amount per Serving

Calories	100	Calories From Fat	% Daily Value
Total Fat		9 g	12 %
Saturated Fat		8 g	40 %
Cholesterol		0 mg	0 %
Sodium		5 mg	0 %
Total Carbohydrate		4 g	1 %
Dietary Fiber		3 g	11 %
Sugars		2 g	
Protein		0 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	0 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



COCOA DUSTED CASHEWS

Spain

Ingredients: Toasted Cashews, Sugar, Dark Chocolate min. 50% (Sugar, Cocoa Mass, Cocoa Butter, Soy Lecithin, Natural Vanilla Aroma), Cocoa Powder, Salt.

Nutrition Facts

Serving Size 9 Pcs 30 g

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat	11 g		14 %
Saturated Fat	4.5 g		23 %
Cholesterol	0 mg		0 %
Sodium	40 mg		2 %
Total Carbohydrate	14 g		5 %
Dietary Fiber	1 g		4 %
Sugars	9 g		
Protein	4 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	10 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



CRANBERRIES

USA

Ingredients: Cranberries, Sugar, Sunflower Oil.

Nutrition Facts

Serving Size ¼ Cup (40 g)

Amount per Serving

Calories	100	Calories From Fat	% Daily Value
Total Fat		0 g	0 %
Saturated Fat		0 g	0 %
Cholesterol		0 mg	0 %
Sodium		0 mg	0 %
Total Carbohydrate		33 g	12 %
Dietary Fiber		10 g	36 %
Sugars		12 g	

Includes 8g Added Sugars

Protein		0 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	%	Iron	%	

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.



CRANBERRIES SLICED ORGANIC

Canada

Ingredients: Organic Cranberries, Organic Apple Juice Concentrate, Organic Sunflower Oil.

Nutrition Facts

Serving Size 1/3 Cup 40 g

Amount per Serving

Calories	120	Calories From Fat	% Daily Value
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Cholesterol	0 mg		0 %
Sodium	10 mg		1 %
Total Carbohydrate	30 g		10 %
Dietary Fiber	2 g		7 %
Sugars	26 g		
Protein	0 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



CURRANTS ORGANIC

USA

Ingredients: Organic Currants.

Nutrition Facts

Serving Size 1 oz (28 g)

Amount per Serving

Calories	80	C. alories From Fat	% Daily Value
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Cholesterol	0 mg		0 %
Sodium	2 mg		0 %
Total Carbohydrate	21 g		8 %
Dietary Fiber	2 g		7 %
Sugars	19 g		
Protein	1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	5 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



DARK CHOCOLATE CHIPS

ORGANIC

Italy

Ingredients: Fair Trade Organic Semi-Sweet Chocolate (Organic Cane Sugar, Organic Chocolate Liquor, Organic Cocoa Butter, Organic Soy Lecithin (Emulsifier), Organic Vanilla Extract).

Nutrition Facts

Serving Size 1 oz (30 g)

Amount per Serving

Calories	160	Calories From Fat	% Daily Value
Total Fat	8 g		10 %
Saturated Fat	4.5 g		23 %
Cholesterol	0 mg		0 %
Sodium	5 mg		0 %
Total Carbohydrate	20 g		7 %
Dietary Fiber	2 g		7 %
Sugars	16 g		
Incl. 16g Added Sugar			
Protein	2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	10 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



DARK CHOCOLATE COVERED ALMONDS ORGANIC

Italy, USA

Ingredients: Dry Roasted Organic Almonds, Fair Trade Organic Chocolate (Organic Cocoa Liquor, Organic Cane Sugar, Organic Cocoa Butter, Organic Vanilla), Sea Salt, Organic Maltodextrin, Organic Sugar, Confectioner's Glaze.

Nutrition Facts

Serving Size ¼ Cup 30 g

Amount per Serving

Calories	180	Calories From Fat	% Daily Value
Total Fat	15 g		19 %
Saturated Fat	5 g		25 %
Cholesterol	0 mg		0 %
Sodium	80 mg		3 %
Total Carbohydrate	9 g		3 %
Dietary Fiber	3 g		11 %
Sugars	5 g		
Incl. 4g Added Sugar			
Protein	4 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	4 %	Iron	10 %

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.



DARK CHOCOLATE COVERED CHERRIES ORGANIC

Italy, Uzbekistan

Ingredients: Fair Trade Organic Chocolate (Organic Cocoa Liquor, Organic Cane Sugar, Organic Cocoa Butter, Organic Vanilla), Dried Organic Tart Cherries (Organic Sunflower Oil), Organic Cocoa Powder, Organic Maltodextrin, Organic Sugar, Confectioner's Glaze.

Nutrition Facts

Serving Size ¼ Cup 30 g

Amount per Serving

Calories	160	Calories From Fat	% Daily Value
Total Fat	10 g		13 %
Saturated Fat	6 g		30 %
Cholesterol	0 mg		0 %
Sodium	5 mg		0 %
Total Carbohydrate	16 g		6 %
Dietary Fiber	2 g		7 %
Sugars	12 g		
Incl. 5 g Added Sugar			
Protein	2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	10 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



DARK CHOCOLATE COVERED ESPRESSO BEANS

Italy, Central America

Ingredients: Fair Trade Organic Chocolate (Organic Cocoa Liquor, Organic Cane Sugar, Organic Cocoa Butter, Organic Vanilla), Roasted Fair Trade Organic Espresso Beans, Organic Cocoa Powder, Organic Maltodextrin, Organic Sugar, Confectioner's Glaze.

Nutrition Facts

Serving Size ¼ Cup 30 g

Amount per Serving

Calories	140	Calories From Fat	% Daily Value	
Total Fat		9 g	12 %	
Saturated Fat		5 g	25 %	
Cholesterol		0 mg	0 %	
Sodium		5 mg	0 %	
Total Carbohydrate		17 g	6 %	
Dietary Fiber		2 g	7 %	
Sugars		6 g		
<u>Incl. 6g Added Sugars</u>				
Protein		2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	6 %	Iron	10 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



DARK CHOCOLATE COVERED GINGER ORGANIC

Italy, Fiji

Ingredients: Fair Trade Organic Chocolate (Fair Trade Organic Cocoa Liquor, Fair Trade Organic Cane Sugar, Fair Trade Organic Cocoa Butter, Fair Trade Organic Vanilla Extract), Crystallized Organic Ginger (Organic Sugar Cane), Organic Cocoa Powder, Organic Capol (Organic Maltodextrin, Organic Sucrose, Organic Ethanol, Water), Organic Crystalac ORG (Confectioner's Glaze).

Nutrition Facts

Serving Size ¼ Cup 30 g

Amount per Serving

Calories	160	Calories From Fat	% Daily Value	
Total Fat		10 g	13 %	
Saturated Fat		6 g	30 %	
Cholesterol		0 mg	0 %	
Sodium		5 mg	0 %	
Total Carbohydrate		16 g	6 %	
Dietary Fiber		2 g	7 %	
Sugars		13 g		
Incl. 13 g Added Sugar				
Protein		2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	0 %	Iron	10 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



DARK CHOCOLATE COVERED HAZELNUTS ORGANIC

Italy, Turkey

Ingredients: Dry Roasted Hazelnuts*, Fair Trade Chocolate*(Cocoa

Liquor*, Cane Sugar*, Cocoa Butter*, Vanilla*), Sea Salt, Maltodextrin*,
Sugar*, Confectioner's Glaze. *Certified Organic Ingredients

Nutrition Facts

Serving Size ¼ Cup 30 g

Amount per Serving

Calories	190	Calories From Fat	% Daily Value	
Total Fat		17 g	22 %	
Saturated Fat		5 g	25 %	
Cholesterol		0 mg	0 %	
Sodium		40 mg	2 %	
Total Carbohydrate		9 g	3 %	
Dietary Fiber		3 g	11 %	
Sugars		5 g		
Incl. 4g Added Sugar				
Protein		3 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	2 %	Iron	10 %	

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.



DARK CHOCOLATE COVERED RAISINS ORGANIC

Italy, Turkey

Ingredients: Fair Trade Organic Chocolate (Organic Cocoa Liquor, Organic Cane Sugar, Organic Cocoa Butter, Organic Vanilla), Organic Raisins (Organic Sunflower Oil), Organic Cocoa Powder, Organic Maltodextrin, Organic Sugar, Confectioner's Glaze.

Nutrition Facts

Serving Size ¼ Cup 30 g

Amount per Serving

Calories	160	Calories From Fat	% Daily Value
Total Fat	10 g		13 %
Saturated Fat	6 g		30 %
Cholesterol	0 mg		0 %
Sodium	5 mg		0 %
Total Carbohydrate	16 g		6 %
Dietary Fiber	2 g		7 %
Sugars	11 g		
<u>Incl. 5g Added Sugar</u>			
Protein	2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	10 %

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.



DATE ALMOND ROLL

ORGANIC

USA

Ingredients: Dates, Almonds.

Nutrition Facts

Serving Size 1 Piece 30 g

Amount per Serving

Calories	140	Calories From Fat	% Daily Value
Total Fat		3 g	4 %
Saturated Fat		0 g	0 %
Cholesterol		0 mg	0 %
Sodium		0 mg	0 %
Total Carbohydrate		27 g	10 %
Dietary Fiber		3 g	11 %
Sugars		23 g	
Protein		2 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



DATE COCONUT ROLLS

ORGANIC

USA

Ingredients: Dates, Coconut.

Nutrition Facts

Serving Size 1 Piece 31 g

Amount per Serving

Calories	140	Calories From Fat	% Daily Value
Total Fat	3.5 g		4 %
Saturated Fat	2.5 g		13 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	28 g		10 %
Dietary Fiber	3 g		11 %
Sugars	25 g		
Incl. 0g Added Sugar			
Protein	1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



DATES DEGLET NOOR PITTED

USA

Ingredients: Deglet Noor Dates.

Nutrition Facts

Serving Size ¼ Cup (40 g)

Amount per Serving

Calories	110	Calories From Fat	% Daily Value
Total Fat		0 g	0 %
Saturated Fat		0 g	0 %
Cholesterol		0 mg	0 %
Sodium		0 mg	0 %
Total Carbohydrate		30 g	11 %
Dietary Fiber		3 g	11 %
Sugars		27 g	
Protein		1 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	0 %	Iron	2 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



DATES MEDJOOL ORGANIC

USA

Ingredients: Organic Dates.

Nutrition Facts

Serving Size 30 g

Amount per Serving

Calories	80	Calories From Fat	0	% Daily Value
Total Fat		0 g		0 %
Saturated Fat		0 g		0 %
Cholesterol		0 mg		0 %
Sodium		0 mg		0 %
Total Carbohydrate		22 g		7 %
Dietary Fiber		2 g		8 %
Sugars		20 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	0 %	Vitamin C	0 %	
Calcium	2 %	Iron	2 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



DYNO MIX

Turkey, Philippines, Thailand, Kenya, USA

Ingredients: Raisins, Apricots (Apricots, Sulfur Dioxide), Banana Chips (Coconut oil, Refined cane sugar, Banana flavor), Diced Pineapple (Pineapple, Sugar, Citric Acid, Sulphur Dioxide), Filberts, Cashews, Walnut, Almonds.

Nutrition Facts

Serving Size 30 g

Amount per Serving

Calories	130 g	Calories From Fat	% Daily Value	
Total Fat		6 g	8 %	
Saturated Fat		1 g	5 %	
Cholesterol		0 mg	0 %	
Sodium		0 mg	0 %	
Total Carbohydrate		15 g	5 %	
Dietary Fiber		6 g	21 %	
Sugars		12 g		
Protein		5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	2 %	Iron	4 %	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



FIGS BLACK MISSION ORGANIC

USA

Ingredients: Organic Dried Black Mission Figs.

Nutrition Facts

Serving Size $\frac{1}{4}$ Pieces (40 g)

Amount per Serving

Calories	110	Calories From Fat	% Daily Value
Total Fat		0 g	0 %
Saturated Fat		0 g	0 %
Cholesterol		0 mg	0 %
Sodium		0 mg	0 %
Total Carbohydrate		26 g	9 %
Dietary Fiber		5 g	19 %
Sugars		20 g	
Protein		1 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	6 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



FIGS NO STEM ORGANIC

Turkey

Ingredients: Organic Dried White Figs.

Nutrition Facts

Serving Size 2 Pieces (45 g)

Amount per Serving

Calories	110	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		0 mg	0 %	
Total Carbohydrate		29 g	11 %	
Dietary Fiber		5 g	18 %	
Sugars		21 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	4 %	Iron	6 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

FIGS PAJARERO

Spain

Ingredients: Dried Pajarero Figs.

Nutrition Facts

Serving Size 3 Pieces (40 g)

Amount per Serving

Calories	110	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		35 mg	2 %	
Total Carbohydrate		26 g	9 %	
Dietary Fiber		4 g	14 %	
Sugars		21 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	6 %	Iron	5 %	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

FIGS WITH STEM ORGANIC

Turkey

Ingredients: Organic Dried Figs.

Nutrition Facts

Serving Size 2 Pieces (45 g)

Amount per Serving

Calories	110	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		0 mg	0 %	
Total Carbohydrate		29 g	11 %	
Dietary Fiber		5 g	18 %	
Sugars		21 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	4 %	Iron	6 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



GINGER CRYSTALLIZED ORGANIC

China

Ingredients: Organic Ginger, Organic Sugar.

Nutrition Facts

Serving Size 1/3 Cup 40 g

Amount per Serving

Calories	130	Calories From Fat	% Daily Value
-----------------	------------	--------------------------	----------------------

Total Fat	0 g		0 %
------------------	------------	--	------------

Saturated Fat	0 g		0 %
---------------	-----	--	-----

Cholesterol	0 mg		0 %
--------------------	-------------	--	------------

Sodium	5 mg		0 %
---------------	-------------	--	------------

Total Carbohydrate	31 g		11 %
---------------------------	-------------	--	-------------

Dietary Fiber	0 g		0 %
---------------	-----	--	-----

Sugars	30 g		
--------	------	--	--

Incl. 30 g Added Suagr

Protein	0 g	Trans Fat	0 g
----------------	------------	------------------	------------

Vitamin A	%	Vitamin C	%
------------------	----------	------------------	----------

Calcium	6 %	Iron	4 %
----------------	------------	-------------	------------

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.



GO FOR IT! ORGANIC

USA

Ingredients: Thompson Raisins*, Pumpkin Seeds*, Golden Raisins*, Pistachios*, Coconut Chips*, Organic*.

Nutrition Facts

Serving Size ¼ Cup 30 g

Amount per Serving

Calories	130	Calories From Fat	% Daily Value
Total Fat	7 g		9 %
Saturated Fat	2.5 g		13 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	16 g		6 %
Dietary Fiber	2 g		7 %
Sugars	11 g		
Protein	3 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	0 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



GOJI BERRIES ORGANIC

China

Ingredients: Organic Goji Berries.

Nutrition Facts

Serving Size 1/3 Cup (40 g)

Amount per Serving

Calories	140	Calories From Fat	% Daily Value
Total Fat		0 g	0 %
Saturated Fat		0 g	0 %
Cholesterol		0 mg	0 %
Sodium		10 mg	0 %
Total Carbohydrate		30 g	11 %
Dietary Fiber		4 g	14 %
Sugars		18 g	
Protein		2 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	25 %	Iron	10 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



GO TAKE A HIKE ORGANIC

USA

Ingredients: Organic Golden Raisins, Organic Cashews, Organic Mulberries, Organic Goji Berries, Organic Cacao Nibs, Organic Pistachios.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	120	Calories From Fat	% Daily Value	
Total Fat		5 g	6 %	
Saturated Fat		1 g	5 %	
Cholesterol		0 mg	0 %	
Sodium		10 mg	0 %	
Total Carbohydrate		18 g	6 %	
Dietary Fiber		3 g	11 %	
Sugars		11 g		
Protein		3 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	4 %	Iron	10 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



Hazelnuts (Filberts)

Organic

Turkey

Ingredients: Organic Hazelnut Kernels.

Nutrition Facts

Serving Size 28g

Amount per Serving

Calories	178	Calories From Fat	% Daily Value
Total Fat	17 g		22 %
Saturated Fat	1.3 g		7 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	5 g		2 %
Dietary Fiber	3 g		10 %
Sugars	1 g		
Protein	4 g	Trans Fat	0 g
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

JOLLY BEANS ORGANIC

USA

Ingredients: Organic Cane Sugar, Organic Rice Syrup, Pectin, Organic Corn Starch, Citric Acid, Lactic Acid (non-dairy from cane sugar), Ascorbic Acid, Natural Color (organic carrot juice, organic blackcurrant juice, organic apple juice, organic pumpkin juice, organic radish juice, spirulina extract), Natural Flavors, Organic Sunflower Oil, Organic Carnauba Wax, Wheat Starch.

Nutrition Facts

Serving Size 24 Pcs 30 g

Amount per Serving

Calories	110	Calories From Fat	% Daily Value
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Cholesterol	0 mg		0 %
Sodium	45 mg		2 %
Total Carbohydrate	27 g		10 %
Dietary Fiber	0 g		0 %
Sugars	24 g		
Incl. 24 g Added Sugar			
Protein	0 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	0 %	Iron	0 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

MACADAMIAS

RAW

South Africa

Ingredients: Raw Macadamia Nut.

Nutrition Facts

Serving Size 30 g

Amount per Serving

Calories	220	Calories From Fat	% Daily Value	
Total Fat		23 g	35 %	
Saturated Fat		3.5 g	18 %	
Cholesterol		0 mg	0 %	
Sodium		0 mg	0 %	
Total Carbohydrate		4 g	1 %	
Dietary Fiber		3 g	12 %	
Sugars		1 g		
Protein		2 g	Trans Fat	0 g
Vitamin A	0 %	Vitamin C	0 %	
Calcium	2 %	Iron	6 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



MACADAMIAS ROASTED SALTED

Kenya, Malawi, South Africa, Brazil, Guatemala or Costa Rica

Ingredients: Macadamia Nuts, Canola Oil, Salt.

Nutrition Facts

Serving Size ¼ Cup (35 g)

Amount per Serving

Calories	250	Calories From Fat	% Daily Value
Total Fat	26 g		33 %
Saturated Fat	4 g		20 %
Cholesterol	0 mg		0 %
Sodium	135 mg		6 %
Total Carbohydrate	5 g		2 %
Dietary Fiber	3 g		11%
Sugars	1 g		
Protein	3 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	5 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



MANGO CHILI AND LIME ORGANIC

COO

Ingredients: Organic Mango, Organic Lime Juice, Organic Chili Powder, Organic Paprika.

Nutrition Facts

Serving Size ½ Cup (40 g)

Amount per Serving

Calories	120	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		0 mg	0 %	
Total Carbohydrate		28 g	9 %	
Dietary Fiber		2 g	8 %	
Sugars		20 g		
Protein		2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	20 %	
Calcium	2 %	Iron	2 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



MANGO

LOW SUGAR

Thailand

Ingredients: Mango, Cane Sugar, Citric Acid, Calcium Chloride, Sulphur Dioxide less than 10ppm.

Nutrition Facts

Serving Size 30 g

Amount per Serving

Calories	106	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		42 mg	2 %	
Total Carbohydrate		26 g	9 %	
Dietary Fiber		1 g	4 %	
Sugars		20 g		
Protein		0 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	3 %	Iron	2 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



MANGO ORGANIC

Mexico

Ingredients: Organic Mango.

Nutrition Facts

Serving Size 2 Pieces (40 g)

Amount per Serving

Calories	120	Calories From Fat	% Daily Value
Total Fat		0 g	0 %
Saturated Fat		0 g	0 %
Cholesterol		0 mg	0 %
Sodium		0 mg	0 %
Total Carbohydrate		28 g	10 %
Dietary Fiber		2 g	7 %
Sugars		20 g	
Protein		4 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	0 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



MIXED NUTS ROASTED NO SALT ORGANIC



Vietnam, Turkey, USA

Ingredients: Dry Roasted Fair Trade Organic Cashews,
Organic Almonds, Organic Hazelnuts, Organic Pecans, Organic
Walnuts.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	190	Calories From Fat	% Daily Value
Total Fat	17 g		22 %
Saturated Fat	1.5g		8 %
Cholesterol	0 mg		0%
Sodium	0 mg		0 %
Total Carbohydrate	6 g		2 %
Dietary Fiber	2 g		7 %
Sugars	1 g		
Protein	5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



MIXED NUTS ROASTED

SALT ORGANIC



Vietnam, Turkey, USA

Ingredients: Dry Roasted Fair Trade Organic Cashews,
Organic Almonds, Organic Hazelnuts, Organic Pecans, Organic
Walnuts.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	190	Calories From Fat	% Daily Value
Total Fat	17 g		22 %
Saturated Fat	2 g		10 %
Cholesterol	0 mg		0 %
Sodium	160 mg		7 %
Total Carbohydrate	7 g		3 %
Dietary Fiber	2 g		7 %
Sugars	1 g		
Protein	4 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



DAIRY

MILK CHOCOLATE RAINBOW DROPS USA

Milk Chocolate Center (cane sugar, unsweetened chocolate, cocoa butter, whole milk powder, milkfat, organic soy lecithin [emulsifier], vanilla), Colored Shell (cane sugar, rice starch, gum arabic, pure food glaze, corn starch, vegetable juice color, spirulina color, annatto color, turmeric color).

Nutrition Facts

Serving Size 2 TBSP (30 g)

Amount per Serving

Calories	140	Calories From Fat	% Daily Value
Total Fat		7 g	9 %
Saturated Fat		4 g	20 %
Cholesterol		5 mg	0 %
Sodium		10 mg	0 %
Total Carbohydrate		21 g	8 %
Dietary Fiber		1 g	0 %
Sugars		19 g	
<u>Incl. 18 g Added Sugars</u>			
Protein		4 g	Trans Fat
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.



DAIRY

MILK CHOCOLATE PEANUT RAINBOW DROPS USA

Milk Chocolate Peanut Center (milk chocolate [cane sugar, unsweetened chocolate, cocoa butter, milk, soy or sunflower lecithin {emulsifier}, vanilla], peanuts [peanuts; peanut, sunflower and/or canola oil; sea salt]), Colored Shell (cane sugar, rice starch, gum arabic, pure food glaze, corn starch, vegetable juice color, spirulina color, annatto color, turmeric color).

Nutrition Facts

Serving Size 2 TBSP (30 g)

Amount per Serving

Calories	160	Calories From Fat	% Daily Value
Total Fat	10 g		13 %
Saturated Fat	3.5 g		18 %
Cholesterol	0 mg		0 %
Sodium	40 mg		2 %
Total Carbohydrate	16 g		6 %
Dietary Fiber	2 g		7 %
Sugars	13 g		
<u>Incl. 12 g Added Sugars</u>			
Protein	4 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MOKA PECANS

Spain

Ingredients: Pecans, Chocolate Couverture (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Paste, Coffee, Soy Lecithin, Soluble Coffee, Natural Vanilla Flavor), Cocoa Powder, Coffee Powder Salt.

Nutrition Facts

Serving Size 20 Pcs 30 g

Amount per Serving

Calories	210	Calories From Fat	% Daily Value
-----------------	------------	--------------------------	----------------------

Total Fat	18 g		23 %
------------------	-------------	--	-------------

Saturated Fat	4 g		20 %
---------------	-----	--	------

Cholesterol	0 mg		0 %
--------------------	-------------	--	------------

Sodium	30 mg		1 %
---------------	--------------	--	------------

Total Carbohydrate	9 g		3 %
---------------------------	------------	--	------------

Dietary Fiber	2 g		7 %
---------------	-----	--	-----

Sugars	6 g		
--------	-----	--	--

Incl. 6 g Added Sugar

Protein	3 g	Trans Fat	0 g
----------------	------------	------------------	------------

Vitamin A	%	Vitamin C	%
------------------	----------	------------------	----------

Calcium	4 %	Iron	6 %
----------------	------------	-------------	------------

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.



MULBERRIES

ORGANIC

Pakistan

Ingredients: Organic Mulberries.

Nutrition Facts

Serving Size 1/3 Cup (40 g)

Amount per Serving

Calories	140	Calories From Fat	% Daily Value
Total Fat	.5 g		1 %
Saturated Fat	0 g		0 %
Cholesterol	0 mg		0 %
Sodium	30 mg		1 %
Total Carbohydrate	31 g		11 %
Dietary Fiber	4 g		14 %
Sugars	18 g		
Protein	4 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	130 %
Calcium	8 %	Iron	30 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



NUT SEED MIX

China, Brazil, Kenya, Turkey, Bolivia, USA

Ingredients: Raisins, Pumpkin Seeds, Almonds, Sunflower Seeds, Cashews, Filberts, Walnut, Brazil Nuts.

Nutrition Facts

Serving Size

Amount per Serving 30 g

Calories	150 g	Calories From Fat	% Daily Value
Total Fat	10 g		13 %
Saturated Fat	1 g		5 %
Cholesterol	0 mg		0 %
Sodium	10 mg		0 %
Total Carbohydrate	12 g		4 %
Dietary Fiber	4 g		14 %
Sugars	6 g		
Protein	4 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	4 %	Iron	10 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



OMEGA 3 MIX

USA, China, Mexico

Ingredients: Craisins (Cranberries, Sugar, Sunflower Oil), Walnuts, Pumpkin Seeds, Almonds, and Pecans.

Nutrition Facts

Serving Size 30 g

Amount per Serving

Calories	157	Calories From Fat	% Daily Value	
Total Fat		11 g	15 %	
Saturated Fat		1 g	6 %	
Cholesterol		0 mg	0 %	
Sodium		0 mg	0 %	
Total Carbohydrate		10 g	4 %	
Dietary Fiber		2 g	7 %	
Sugars		8 g		
Incl. 6 g Added Sugars				
Protein		4 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	2 %	Iron	3 %	

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.



PAPAYA ORGANIC

Sri Lanka

Ingredients: Organic Dried Papaya.

Nutrition Facts

Serving Size 1/3 Cup (40 g)

Amount per Serving

Calories	100	Calories From Fat	0	% Daily Value
Total Fat		0 g		0 %
Saturated Fat		0 g		0 %
Cholesterol		0 mg		0 %
Sodium		7 mg		0 %
Total Carbohydrate		26 g		9 %
Dietary Fiber		4 g		16 %
Sugars		16 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	8 %	Vitamin C	4 %	
Calcium	6 %	Iron	0 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



PAPAYA SPEARS

LOW SUGAR

Thailand

Ingredients: Papaya, Cane Sugar, Unsulphured.

Nutrition Facts

Serving Size ¼ Cup (30g)

Amount per Serving

Calories	77	Calories From Fat	% Daily Value
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Cholesterol	0 mg		0 %
Sodium	7 mg		0 %
Total Carbohydrate	20 g		7 %
Dietary Fiber	4 g		13 %
Sugars	12 g		
Protein	1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	4 %	Iron	1 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



PEACHES

SULFUR DIOXIDE

USA

Ingredients: Dried Peaches, Sulfur Dioxide.

Nutrition Facts

Serving Size ¼ Cup (40 g)

Amount per Serving

Calories	100	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		20 mg	1 %	
Total Carbohydrate		34 g	13 %	
Dietary Fiber		3 g	12 %	
Sugars		13 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	1 %	Iron	4 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



PEARS

SULFUR DIOXIDE

USA

Ingredients: Organic Pears, Sulfur Dioxide.

Nutrition Facts

Serving Size ¼ Cup (40 g)

Amount per Serving

Calories	100	Calories From Fat	% Daily Value
Total Fat		0 g	0 %
Saturated Fat		0 g	0 %
Cholesterol		0 mg	0 %
Sodium		0 mg	0 %
Total Carbohydrate		28 g	10 %
Dietary Fiber		3 g	11 %
Sugars		25 g	
Protein		1 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



PEANUTS

HOT AND SPICY

USA

Ingredients: Peanuts, Corn and Potato Flour, Salt, Onion, Garlic, Green Bell Pepper, Tomato Powder, Extract/Paprika, Canola Oil, Spices, Citric Acid, Silica Gel Added.

Nutrition Facts

Serving Size 28 g

Amount per Serving

Calories	160	Calories From Fat	% Daily Value	
Total Fat		14 g	18 %	
Saturated Fat		3 g	15 %	
Cholesterol		0 mg	0 %	
Sodium		190 mg	8 %	
Total Carbohydrate		6 g	2 %	
Dietary Fiber		2 g	7 %	
Sugars		1 g		
Protein		7 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	10 %	Iron	0 %	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



PINEAPPLE RING

LOW SUGAR

Thailand

Ingredients: Pineapple, Cane Sugar, Citric Acid.

Nutrition Facts

Serving Size 28 g

Amount per Serving

Calories	100	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		25 mg	1 %	
Total Carbohydrate		25 g	9 %	
Dietary Fiber		0 g	0 %	
Sugars		19 g		
Protein		0 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	0 %	Iron	2 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

PEANUTS DRY ROASTED NO SALT ORGANIC

Mexico

Ingredients: Organic Runner Peanut.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	180 g	Calories From Fat	% Daily Value
Total Fat	15 g		19 %
Saturated Fat	2.5 g		13 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	6 g		2 %
Dietary Fiber	3 g		11 %
Sugars	1 g		
Protein	7 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	2 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

PECANS CARAMELIZED

Spain

Ingredients: Pecans, Sugar, Sunflower Oil.

Nutrition Facts

Serving Size 30 g

Amount per Serving

Calories	200	Calories From Fat	% Daily Value
Total Fat	17 g		22 %
Saturated Fat	1.5 g		8 %
Cholesterol	0 mg		0 %
Sodium	5 mg		0 %
Total Carbohydrate	9 g		3 %
Dietary Fiber	2 g		6 %
Sugars	7 g		
Incl. 7g Added Sugars			
Protein	2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	6 %	Iron	0 %

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.



PECANS RAW ORGANIC

Mexico

Ingredients: Organic Fancy Jr. Mammoth Pecan Halves.

Nutrition Facts

Serving Size ¼ Cup 30 g

Amount per Serving

Calories	210	Calories From Fat	% Daily Value
Total Fat		20 g	28 %
Saturated Fat		2 g	10 %
Cholesterol		0 mg	0 %
Sodium		1 mg	0 %
Total Carbohydrate		4 g	1 %
Dietary Fiber		3 g	11 %
Sugars		1 g	
Protein		3 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



PEPITAS TAMARI ROASTED ORGANIC

China

Ingredients: Dry Roasted Pumpkin Seeds*, Wheat-Free Tamari Soy Sauce* (Water, Soybeans*, Salt, Alcohol* [to preserve freshness]).

**Certified Organic Ingredient*

Nutrition Facts

Serving Size

Amount per Serving

Calories	160	Calories From Fat	% Daily Value	
Total Fat		14 g	18 %	
Saturated Fat		2.5 g	13 %	
Cholesterol		0 mg	0 %	
Sodium		90 mg	4 %	
Total Carbohydrate		4 g	1 %	
Dietary Fiber		2 g	7 %	
Sugars		0 g		
Protein		9 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	2 %	Iron	10 %	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



PIGNOLIAS/ PINE NUTS

ORGANIC



Russia, China

Ingredients: Organic Pine Nuts.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	190	Calories From Fat	% Daily Value
Total Fat	18 g		23 %
Saturated Fat	3 g		15 %
Cholesterol	0 mg		0 %
Sodium	20 mg		1 %
Total Carbohydrate	0 g		2 %
Dietary Fiber	3 g		11 %
Sugars	0 g		
Protein	3 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	0 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



PINEAPPLE NO SULFUR ORGANIC

Togo

Ingredients: Organic Pineapple Slices.

Nutrition Facts

Serving Size 1/3 Cup (40 g)

Amount per Serving

Calories	140	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		20 mg	1 %	
Total Carbohydrate		35 g	12 %	
Dietary Fiber		2 g	8 %	
Sugars		30 g		
Protein		0 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	0 %	
Calcium	2 %	Iron	2 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



PISTACHIO KERNELS

RAW

USA

Ingredients: Pistachio Kernels Pasteurized Raw.

Nutrition Facts

Serving Size 1/3 Cup

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat	14 g		18 %
Saturated Fat	2 g		10 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	9 g		3 %
Dietary Fiber	3 g		11 %
Sugars	2 g		
Protein	6 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	7 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



PISTACHIO RAW IN SHELL

ORGANIC

USA

Ingredients: Organic Pistachios.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	160	Calories From Fat	% Daily Value
Total Fat	10 g		13 %
Saturated Fat	1 g		5 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	11 g		4 %
Dietary Fiber	3 g		11 %
Sugars	1 g		
Protein	6 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



PISTACHIO ROASTED IN SHELL

SALTED ORGANIC

USA

Ingredients: Organic Dry Roasted Pistachios, Sea Salt.

Nutrition Facts

Serving Size ¼ Cup Shelled (30g)

Amount per Serving

Calories	170	Calories From Fat	% Daily Value
Total Fat	14 g		18 %
Saturated Fat	1.5 g		8 %
Cholesterol	0 mg		0 %
Sodium	130 mg		6 %
Total Carbohydrate	8 g		3 %
Dietary Fiber	3 g		11 %
Sugars	2 g		
Protein	6 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



PRUNES PITTED WITH POTASSIUM SORBATE

USA

Ingredients: Dried Pitted Plums, Potassium Sorbate as a Preservative.

Nutrition Facts

Serving Size 1.5 oz (40 g)

Amount per Serving

Calories	100	Calories From Fat	0	% Daily Value
Total Fat		0 g		0 %
Saturated Fat		0 g		0 %
Cholesterol		0 mg		0 %
Sodium		0 mg		0 %
Potassium		290 mg		8 %
Total Carbohydrate		26 g		9 %
Dietary Fiber		3 g		12 %
Sugars		15 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	6 %	Vitamin C	0 %	
Calcium	2 %	Iron	2 %	

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.



PUMPKIN SEEDS RAW ORGANIC

Austria

Ingredients: Organic Raw Shelled Pumpkin Seeds.

Nutrition Facts

Serving Size 30g

Amount per Serving

Calories	160	Calories From Fat	115	% Daily Value
Total Fat		13 g		17 %
Saturated Fat		3 g		15 %
Cholesterol		0 mg		0 %
Sodium		5 mg		0 %
Total Carbohydrate		5 g		2 %
Dietary Fiber		1 g		4 %
Sugars		0 g		
Protein		7 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	2 %	Iron	25 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

SPANISH COCKTAIL MIX

Spain

Ingredients: Corn Kernels, Fava Beans, Chickpeas, Valencia Almonds, Sunflower Oil, Rice Flour, Sea Salt.

Nutrition Facts

Serving Size 1/3 Cup (30 g)

Amount per Serving

Calories	150	Calories From Fat	% Daily Value
Total Fat		7 g	9 %
Saturated Fat		2 g	10 %
Cholesterol		0 mg	0 %
Sodium		250 mg	11 %
Total Carbohydrate		17 g	6 %
Dietary Fiber		3 g	11 %
Sugars		1 g	
Protein		5 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	4 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



RAISINS GOLDEN

USA

Ingredients: California Golden Raisins, Sulphur Dioxide
Added As A Preservative.

Nutrition Facts

Serving Size ¼ Cup (40 g)

Amount per Serving

Calories	120	Calories From Fat	% Daily Value	
Total Fat		0 g	0 %	
Saturated Fat		0 g	0 %	
Cholesterol		0 mg	0 %	
Sodium		10 mg	0%	
Total Carbohydrate		31 g	11 %	
Dietary Fiber		2 g	6 %	
Sugars		26 g		
Protein		1 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	2 %	Iron	4 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



RAISINS BLACK THOMPSON ORGANIC

USA

Ingredients: Organic Thompson Raisins.

Nutrition Facts

Serving Size ¼ (40 g)

Amount per Serving

Calories	130	Calories From Fat	% Daily Value
Total Fat		0 g	0 %
Saturated Fat		0 g	0 %
Cholesterol		0 mg	0 %
Sodium		15 mg	1 %
Total Carbohydrate		29 g	11 %
Dietary Fiber		1 g	4 %
Sugars		26 g	
Protein		1 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



RAISINS FLAME JUMBO ORGANIC

USA

Ingredients: Organic Flame Raisins.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	90	Calories From Fat	% Daily Value
Total Fat		0 g	0 %
Saturated Fat		0 g	0 %
Cholesterol		0 mg	0 %
Sodium		0 mg	0 %
Total Carbohydrate		24 g	9 %
Dietary Fiber		1 g	4 %
Sugars		18 g	
Protein		1 g	Trans Fat 0 g
Vitamin A	0 %	Vitamin C	2 %
Calcium	2 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



SNACK MIX

ROASTED NO SALT

USA

Ingredients: Raisins, Sesame Sticks [Pastry Flour, Unbleached Wheat Flour(Wheat Flour, Malted Barley Flour) Water, Canola Oil, Sesame Seeds, Bulgur Wheat], Peanuts, Cashews, Almonds, Canola Oil.

Nutrition Facts

Serving Size 100 g

Amount per Serving

Calories	150	Calories From Fat	% Daily Value
Total Fat	9 g		12 %
Saturated Fat	1 g		5 %
Cholesterol	0 mg		0 %
Sodium	10 mg		0 %
Total Carbohydrate	13 g		4 %
Dietary Fiber	0 g		0 %
Sugars	1 g		
Protein	5 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	4 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



TRAIL MIX TIERRA

ORGANIC

Vietnam, China, Belgium, Canada/USA, Argentina, Italy, Turkey

Ingredients: Dry Roasted Cashew Pieces*, Dry Roasted Sunflower Seeds*, Dry Roasted Pumpkin Seeds*, Dried Diced Apples*, Dark Chocolate Chips* (Cane Sugar*, Chocolate Liquor*, Cocoa Butter*, Soy Lecithin [Emulsifier]*, Vanilla Extract*), Raisins* (Sunflower Oil*), Dried Cranberries* (Apple Juice Concentrate*, Sunflower Oil*), Sea Salt.

* Certified Organic Ingredient

Nutrition Facts

Serving Size

Amount per Serving

Calories	140	Calories From Fat	% Daily Value
Total Fat	8 g		10 %
Saturated Fat	1.5 g		8 %
Cholesterol	0 mg		0 %
Sodium	65 mg		3 %
Total Carbohydrate	16 g		6 %
Dietary Fiber	2 g		7 %
Total Sugars	10 g		
Incl.	5g Added Sugars		

Protein	3 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	2 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

VALRHONA 66% CACAO

CARAIBE

France

Ingredients: cocoa beans, sugar, cocoa butter, emulsifier: sunflower lecithin , natural vanilla extract.

Nutrition Facts

Serving Size 20 g

Amount per Serving

Calories	120	Calories From Fat	% Daily Value
Total Fat	8 g		12 %
Saturated Fat	5 g		25 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	10 g		3 %
Dietary Fiber	2 g		7 %
Sugars	7 g		
Incl. 6g Added Sugars			
Protein	2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	1 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

VALRHONA 36% CACAO CARMELIA

France

Ingredients: sugar, cocoa butter, caramel (skimmed milk, whey, sugar, butter, flavoring), whole milk powder, cocoa beans, sunflower lecithin.

Nutrition Facts

Serving Size 20 g

Amount per Serving

Calories	115	Calories From Fat	% Daily Value	
Total Fat		8 g	12 %	
Saturated Fat		5 g	25 %	
Cholesterol		5 mg	2 %	
Sodium		43 mg	2 %	
Total Carbohydrate		11 g	3 %	
Dietary Fiber		1 g	7 %	
Sugars		9 g		
<u>Incl. 8g Added Sugars</u>				
Protein		2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	1 %	Iron	6 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

VALRHONA 70% CACAO

GUANAJA

France

Ingredients: cocoa beans, sugar, cocoa butter, emulsifier: sunflower lecithin , natural vanilla extract.

Nutrition Facts

Serving Size 20 g

Amount per Serving

Calories	120	Calories From Fat	% Daily Value
Total Fat	8 g		12 %
Saturated Fat	5 g		25 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	9 g		3 %
Dietary Fiber	2 g		7 %
Sugars	6 g		
Incl. 6g Added Sugars			
Protein	2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%
Calcium	1 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

VALRHONA 55% DARK CHOCOLATE CRUNCHY PEARLS

France

Ingredients: sugar, cocoa butter, caramel (skimmed milk, whey, sugar, butter, flavoring), whole milk powder, cocoa beans, sunflower lecithin.

Nutrition Facts

Serving Size 1 oz 28 g

Amount per Serving

Calories	140	Calories From Fat	% Daily Value	
Total Fat		9 g	12 %	
Saturated Fat		6 g	25 %	
Cholesterol		1 mg	2 %	
Sodium		0 mg	2 %	
Total Carbohydrate		1 g	3 %	
Dietary Fiber		0 g	7 %	
Sugars		8 g		
<u>Incl. 7g Added Sugars</u>				
Protein		2 g	Trans Fat	0 g
Vitamin A	%	Vitamin C	%	
Calcium	1 %	Iron	6 %	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

WALNUTS CARAMELIZED

Spain

Ingredients: Walnuts, Sugar, Sunflower Oil.

Nutrition Facts

Serving Size 30 g

Amount per Serving

Calories	200	Calories From Fat	% Daily Value
Total Fat		17 g	22 %
Saturated Fat		1.5 g	8 %
Cholesterol		0 mg	0 %
Sodium		5 mg	0 %
Total Carbohydrate		7 g	3 %
Dietary Fiber		1 g	4 %
Sugars		6 g	
Protein		5 g	Trans Fat 0 g
Vitamin A	%	Vitamin C	%
Calcium	0 %	Iron	6 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

WALNUTS RAW

ORGANIC

USA

Ingredients: Organic Light Chandler Walnuts.

Nutrition Facts

Serving Size ¼ Cup (30 g)

Amount per Serving

Calories	185	Calories From Fat	% Daily Value
Total Fat	18 g		28 %
Saturated Fat	2 g		9 %
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	4 g		1%
Dietary Fiber	2 g		0 %
Sugars	1 g		
Protein	4 g	Trans Fat	0 g
Vitamin A	0 %	Vitamin C	0 %
Calcium	3 %	Iron	5 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.