



**SOME INFO
FOR YOU
TO HAVE A
CHEW OVER**



ALMONDS

PER 100g

ENERGY	2534Kj / 612Kcal
FAT	55.8g
OF WHICH SATURATES	4.4g
PROTEIN	21.1g
CARBOHYDRATES	6.9g
OF WHICH SUGARS	4.2g
SALT	0g
SODIUM	0g
DIETARY FIBRE	7.4g
MOISTURE	0g

CASHEWS

PER 100g

ENERGY	2426Kj / 571Kcal
FAT	49.9g
OF WHICH SATURATES	8.9g
PROTEIN	17.8g
CARBOHYDRATES	28.6g
OF WHICH SUGARS	3.6g
SALT	0g
SODIUM	TRACE
DIETARY FIBRE	3.6g
MOISTURE	0g

HONEY ROAST MIX

PER 100g

ENERGY	2330Kj / 556Kcal
FAT	44.3g
OF WHICH SATURATES	6.4g
PROTEIN	18.6g
CARBOHYDRATES	30.5g
OF WHICH SUGARS	11.5g
SALT	1g
SODIUM	0.4g
DIETARY FIBRE	5.6g
MOISTURE	0g

SUNFLOWER SEEDS

PER 100g

ENERGY	1274Kj / 570Kcal
FAT	50g
OF WHICH SATURATES	6g
PROTEIN	26g
CARBOHYDRATES	18g
OF WHICH SUGARS	3g
SALT	0g
SODIUM	0g
DIETARY FIBRE	10g
MOISTURE	0g

BRAZIL NUTS

PER 100g

ENERGY	2743Kj / 656Kcal
FAT	66.4g
OF WHICH SATURATES	0g
PROTEIN	14.3g
CARBOHYDRATES	12.3g
OF WHICH SUGARS	2.4g
SALT	0g
SODIUM	TRACE
DIETARY FIBRE	7.5g
MOISTURE	0g

CRANBERRIES

PER 100g

ENERGY	1324Kj / 320Kcal
FAT	13.7g
OF WHICH SATURATES	0.5g
PROTEIN	0.1g
CARBOHYDRATES	82.4g
OF WHICH SUGARS	65g
SALT	0g
SODIUM	0g
DIETARY FIBRE	6.6g
MOISTURE	0g

SPICY PEANUTS

PER 100g

ENERGY	2183Kj / 522Kcal
FAT	28.9g
OF WHICH SATURATES	11.1g
PROTEIN	13.1g
CARBOHYDRATES	52.3g
OF WHICH SUGARS	0g
SALT	2g
SODIUM	0.8g
DIETARY FIBRE	13.3g
MOISTURE	0g

WALNUTS

PER 100g

ENERGY	2900Kj / 702Kcal
FAT	67.8g
OF WHICH SATURATES	5g
PROTEIN	15g
CARBOHYDRATES	8g
OF WHICH SUGARS	8g
SALT	0.02g
SODIUM	0.01g
DIETARY FIBRE	7.9g
MOISTURE	0g

YOGURT PEANUTS

PER 100g

ENERGY	2222Kj / 542Kcal
FAT	37.1g
OF WHICH SATURATES	16.3g
PROTEIN	14.8g
CARBOHYDRATES	42.3g
OF WHICH SUGARS	36.1g
SALT	0.2g
SODIUM	0.08g
DIETARY FIBRE	3.8g
MOISTURE	0g

CHOC / YOGURT MIX

PER 100g

ENERGY	1724Kj / 410Kcal
FAT	14.7g
OF WHICH SATURATES	7.9g
PROTEIN	3.5g
CARBOHYDRATES	65.8g
OF WHICH SUGARS	64.8g
SALT	0.03g
SODIUM	0.01g
DIETARY FIBRE	1.15g
MOISTURE	0g

BOMBAY MIX

PER 100g

ENERGY	2022Kj / 485Kcal
FAT	32.6g
OF WHICH SATURATES	4.9g
PROTEIN	17.6g
CARBOHYDRATES	43.2g
OF WHICH SUGARS	2.4g
SALT	1.9g
SODIUM	0.75g
DIETARY FIBRE	12.7g
MOISTURE	0g

FRUIT & NUT MIX

PER 100g

ENERGY	1667Kj / 399Kcal
FAT	14.8g
OF WHICH SATURATES	1.4g
PROTEIN	9.2g
CARBOHYDRATES	57.2g
OF WHICH SUGARS	27.6g
SALT	0.2g
SODIUM	0.1g
DIETARY FIBRE	3.2g
MOISTURE	0g

YOGURT RAISINS

PER 100g

ENERGY	1880Kj / 448Kcal
FAT	19.6g
OF WHICH SATURATES	17.2g
PROTEIN	3.6g
CARBOHYDRATES	64.4g
OF WHICH SUGARS	49.2g
SALT	0.2g
SODIUM	0.08g
DIETARY FIBRE	0.8g
MOISTURE	0g

YOGURT BANANA

PER 100g

ENERGY	1667Kj / 399Kcal
FAT	14.8g
OF WHICH SATURATES	1.4g
PROTEIN	9.2g
CARBOHYDRATES	57.2g
OF WHICH SUGARS	27.6g
SALT	0.25g
SODIUM	0.1g
DIETARY FIBRE	3.2g
MOISTURE	0g

CHILLI RICE CRACKERS

PER 100g

ENERGY	1732Kj / 412Kcal
FAT	7g
OF WHICH SATURATES	0g
PROTEIN	14g
CARBOHYDRATES	75g
OF WHICH SUGARS	0g
SALT	0g
SODIUM	0g
DIETARY FIBRE	1g
MOISTURE	0g

RAW NUT MIX

PER 100g

ENERGY	2130Kj / 511Kcal
FAT	32.5g
OF WHICH SATURATES	5.8g
PROTEIN	18.1g
CARBOHYDRATES	36.6g
OF WHICH SUGARS	1.8g
SALT	0.02g
SODIUM	0.01g
DIETARY FIBRE	6.4g
MOISTURE	0g

REDSKIN PEANUTS

PER 100g

ENERGY	2311Kj / 563Kcal
FAT	46.1g
OF WHICH SATURATES	8.2g
PROTEIN	25.6g
CARBOHYDRATES	12.5g
OF WHICH SUGARS	6.2g
SALT	0.5g
SODIUM	0.2g
DIETARY FIBRE	6.2g
MOISTURE	0g

ROAST & SALTED CASHEWS

PER 100g

ENERGY	2529Kj / 609Kcal
FAT	48.5g
OF WHICH SATURATES	7.4g
PROTEIN	19.9g
CARBOHYDRATES	23.3g
OF WHICH SUGARS	3.7g
SALT	1.25g
SODIUM	0.5g
DIETARY FIBRE	4.1g
MOISTURE	0g

SALTED PEANUTS

PER 100g

ENERGY	2578Kj / 622Kcal
FAT	53g
OF WHICH SATURATES	9.5g
PROTEIN	28.5g
CARBOHYDRATES	7.8g
OF WHICH SUGARS	3.8g
SALT	1.25g
SODIUM	0.5g
DIETARY FIBRE	6.2g
MOISTURE	0g

BBQ PEANUTS

PER 100g

ENERGY	2578Kj / 622Kcal
FAT	53g
OF WHICH SATURATES	9.5g
PROTEIN	28.5g
CARBOHYDRATES	7.8g
OF WHICH SUGARS	3.8g
SALT	1.25g
SODIUM	0.5g
DIETARY FIBRE	6.2g
MOISTURE	0g

TROPICANA MIX

PER 100g

ENERGY	1592Kj / 378Kcal
FAT	10.3g
OF WHICH SATURATES	4.1g
PROTEIN	3.1g
CARBOHYDRATES	68g
OF WHICH SUGARS	51.9g
SALT	0.15g
SODIUM	0.06g
DIETARY FIBRE	2.9g
MOISTURE	0g

CHILLI COATED PEANUTS

PER 100g

ENERGY	2040Kj / 486Kcal
FAT	23.6g
OF WHICH SATURATES	5.1g
PROTEIN	18.5g
CARBOHYDRATES	50g
OF WHICH SUGARS	0g
SALT	1.75g
SODIUM	0.7g
DIETARY FIBRE	4.9g
MOISTURE	0g

SPICY MIX

PER 100g

ENERGY	2079Kj / 499Kcal
FAT	35.3g
OF WHICH SATURATES	7.3g
PROTEIN	19.7g
CARBOHYDRATES	26g
OF WHICH SUGARS	9.4g
SALT	1.25g
SODIUM	0.5g
DIETARY FIBRE	13.2g
MOISTURE	0g

DELUXE MIX

PER 100g

ENERGY	2130Kj / 511Kcal
FAT	32.5g
OF WHICH SATURATES	5.8g
PROTEIN	18.1g
CARBOHYDRATES	36.6g
OF WHICH SUGARS	1.8g
SALT	0.02g
SODIUM	0.01g
DIETARY FIBRE	6.4g
MOISTURE	0g

HAZELNUTS

PER 100g

ENERGY	2763Kj / 661Kcal
FAT	64.6g
OF WHICH SATURATES	0g
PROTEIN	14.3g
CARBOHYDRATES	6.1g
OF WHICH SUGARS	0g
SALT	0g
SODIUM	0g
DIETARY FIBRE	6.6g
MOISTURE	0g

PISTACHIOS R&S

PER 100g

ENERGY	24.58Kj
FAT	55.4g
OF WHICH SATURATES	7.4g
PROTEIN	17.9g
CARBOHYDRATES	8.2g
OF WHICH SUGARS	3.2g
SALT	0.5g
SODIUM	0.2g
DIETARY FIBRE	5.7g
MOISTURE	0g

APRICOTS

PER 100g

ENERGY	1009Kj / 241Kcal
FAT	0.3g
OF WHICH SATURATES	0g
PROTEIN	3.4g
CARBOHYDRATES	62.6g
OF WHICH SUGARS	53.4g
SALT	0.02g
SODIUM	0.01g
DIETARY FIBRE	7.3g
MOISTURE	0g

CHEESE CASHEWS

PER 100g

ENERGY	2529Kj / 609Kcal
FAT	48.5g
OF WHICH SATURATES	7.4g
PROTEIN	19.9g
CARBOHYDRATES	23.3g
OF WHICH SUGARS	3.7g
SALT	1.25g
SODIUM	0.5g
DIETARY FIBRE	4.1g
MOISTURE	0g

NUT & SEED MIX

PER 100g

ENERGY	008Kj / 482Kcal
FAT	30.7g
OF WHICH SATURATES	4g
PROTEIN	15.9g
CARBOHYDRATES	35.4g
OF WHICH SUGARS	23.1g
SALT	0.02g
SODIUM	0.01g
DIETARY FIBRE	6.4g
MOISTURE	0g

RAW CASHEWS

PER 100g

ENERGY	2393Kj / 573Kcal
FAT	48g
OF WHICH SATURATES	9.5g
PROTEIN	18g
CARBOHYDRATES	18g
OF WHICH SUGARS	4.6g
SALT	0.03g
SODIUM	0.01g
DIETARY FIBRE	3.2g
MOISTURE	0g

ROASTED & SALTED NUT MIX

PER 100g

ENERGY	2048Kj / 489Kcal
FAT	24.9g
OF WHICH SATURATES	3.4g
PROTEIN	23.2g
CARBOHYDRATES	43g
OF WHICH SUGARS	3.5g
SALT	1.5g
SODIUM	0.6g
DIETARY FIBRE	4.1g
MOISTURE	0g

SMOKED CASHEWS

PER 100g

ENERGY	2529Kj / 609Kcal
FAT	48.5g
OF WHICH SATURATES	7.4g
PROTEIN	19.9g
CARBOHYDRATES	23.3g
OF WHICH SUGARS	3.7g
SALT	1.25g
SODIUM	0.5g
DIETARY FIBRE	4.1g
MOISTURE	0g

HONEY ROASTED PEANUTS PER 100g

ENERGY	2342Kj / 571Kcal
FAT	42.8g
OF WHICH SATURATES	7.1g
PROTEIN	32.1g
CARBOHYDRATES	24.9g
OF WHICH SUGARS	10.7g
SALT	0.23g
SODIUM	0.1g
DIETARY FIBRE	10.7g
MOISTURE	0g

CHILLI & LEMON CASHEWS PER 100g

ENERGY	2529Kj / 609Kcal
FAT	48.5g
OF WHICH SATURATES	7.4g
PROTEIN	19.9g
CARBOHYDRATES	23.3g
OF WHICH SUGARS	3.7g
SALT	1.25g
SODIUM	0.5g
DIETARY FIBRE	4.1g
MOISTURE	0g

S & V JUMBO PEANUTS PER 100g

ENERGY	2578Kj / 622Kcal
FAT	53g
OF WHICH SATURATES	9.5g
PROTEIN	28.5g
CARBOHYDRATES	7.8g
OF WHICH SUGARS	3.8g
SALT	1.25g
SODIUM	0.5g
DIETARY FIBRE	6.2g
MOISTURE	0g

PEPPERONI PIZZA PEANUTS PER 100g

ENERGY	2578Kj / 622Kcal
FAT	53g
OF WHICH SATURATES	9.5g
PROTEIN	28.5g
CARBOHYDRATES	7.8g
OF WHICH SUGARS	3.8g
SALT	1.25g
SODIUM	0.5g
DIETARY FIBRE	6.2g
MOISTURE	0g