## Sassy Cashews Cheddah

## **Nutrition Facts**

Serving Size: 1 tablespoon (14g) Servings Per Container: 14

Amount Per Serving			
Calories 70	Ca	lories fro	m Fat 45
% Daily Value*			
<b>Total Fat</b> 5g			8%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg 0			0%
Sodium 60mg			3%
Total Carbohydrate 5g 2%			
Dietary Fiber	-	3%	
Sugars 1g			
Protein 3g			
Vitamin A 2%	amin A 2% • Vitami		nin C 4%
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:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CASHEWS, SUNDRIED TOMATO BITS, NUTRITIONAL YEAST, LIME JUICE, SALT, GARLIC POWDER, ONION POWDER