

Nutrition Facts

Serving Size: 1oz. without shells
(28g about 1/2 cup with shells)

Amount per serving

Calories 170

% Daily Value*

Total Fat 14g 18%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 5g 2%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 7g

Vit. D 0mcg 0% • Calcium 26mg 2%

Iron 1mg 4% • Potas. 200mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Peanuts, Salt.