

Organic Cashews - Whole Roasted Unsalted

Country of Origin: Vietnam

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 50 g / par 50 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 280	
Fat / Lipides 22 g	34 %
Saturated / saturés 2.5 g + Trans / trans 0 g	19 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 15 g	5 %
Fibre / Fibres 2 g	7 %
Sugars / Sucres 4 g	
Protein / Protéines 9 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	25 %

Factoid:

Cashew nuts are seeds found at the bottom of the cashew apple. They are related to pistachios and mangos. Cashews are rich in copper, iron, magnesium, manganese, selenium, zinc and potassium. Our cashews are 240 size which is a premium jumbo sized cashew. Our suppliers have been vetted to ensure their labour practices are safe and audited by a third party. All cashew shelling is done by machine.

Allergen Information:

Tree Nut

Ingredients:

Organic Cashews

