



Nature's Snack Food

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Classic Cashews

 	<p>Features: Freshly roasted & salted high grade commercial quality, mostly whole cashews</p> <p>Also available in 1kg catering pack.</p>	 
<p>Packaging: Soft plastics pouch. P.E.T. snack tub, composite PET/PE lid</p>	<p>Fill weight: 40g pouch, 45g tub</p>	<p>Cartons: 12x 18x</p>
<p>Ingredients: CASHEWS, vegetable oil, salt. May contain traces of PEANUTS, ALMONDS Tubs gas flushed with CO₂/N₂</p>		
<p>Country of Origin: Produced in NZ from local & imported materials</p>		
<p>Shelf life: Pouches B/B 6 months, Tubs -Best before 9 months</p>		
<p>GMO Status: Nil</p>		
<p>Storage: ambient, clean & dry, avoid strong light</p>		
<p>Processed on machinery that also processes peanuts & almonds.</p>		
<p>Allergen & Intolerance Agents – contains / may contain:</p>		
<p>Tree nuts (Cashews)</p>	<p>Yes</p>	<p>Gluten No</p>
<p>Peanuts, Almonds</p>	<p>Traces</p>	<p>Crustacea No</p>
<p>Sesame</p>	<p>No</p>	<p>Fish No</p>
<p>Soy products</p>	<p>No</p>	<p>Eggs No</p>
<p>Milk (Dairy)</p>	<p>No</p>	<p>Sulphites No</p>
<p>Bee pollen, propolis Royal jelly</p>	<p>No</p>	<p>Lupins No</p>
<p>Nutritional data (averages)</p>	<p>Per 100g</p>	<p>45g serving</p>
<p>Energy (kJ)</p>	<p>2690</p>	<p>1210</p>
<p>Protein (g)</p>	<p>16</p>	<p>7</p>
<p>Fat total (g)</p>	<p>51</p>	<p>23</p>
<p>Fat saturated (g)</p>	<p>9</p>	<p>4</p>
<p>Carbohydrate (g)</p>	<p>27</p>	<p>12</p>
<p>Sugars (g)</p>	<p>6</p>	<p>2.7</p>
<p>Sodium (mg)</p>	<p>400</p>	<p>180</p>
<p>Fibre (g)</p>	<p>6</p>	<p>2.7</p>

Updated Dec 2023

Values are averages of flavours and production.

Some products processed in the same factory as PEANUTS and other allergens. Refer packets for details
Please consult GONUTZ technical or your health professional for any specific dietary concerns.