

CASHEW ROASTED & SALTED SNACK PACK



High in Energy	✓
High in Fibre	✓
Suitable for vegetarians	✓
Country of origin	Tanzania / Vietnam
Preservative	Free
Kosher	✓
Halaal	✓

Ingredients: Cashews, Salt, Palm Oil

Cashew nuts are rich in carbohydrates and vitamin A. Carbohydrates are a source of easily accessible energy, which also benefits our body's muscle tissue, because a higher level of carbohydrates prevents the body from burning muscle tissue in search of more energy. Vitamin A helps decrease the pace at which skin ages; fights skin disorders and is known to possibly improve our sight. These nuts also contain mono-unsaturated fats which may help to protect the heart and are an excellent source of dietary fibre.

Cashew nuts are regularly included in casseroles, salads and are often found in biscuits and other delicacies.

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NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	2410 kJ
Protein	20.3 g
Carbohydrates	18 g
Total sugar	5.3 g
Total fat	48 g
Saturated fat	10.4 g
Monounsaturated fat	26.9 g
Polyunsaturated fat	8.4 g
Fibre	0.1 g
Sodium	281.8 mg

