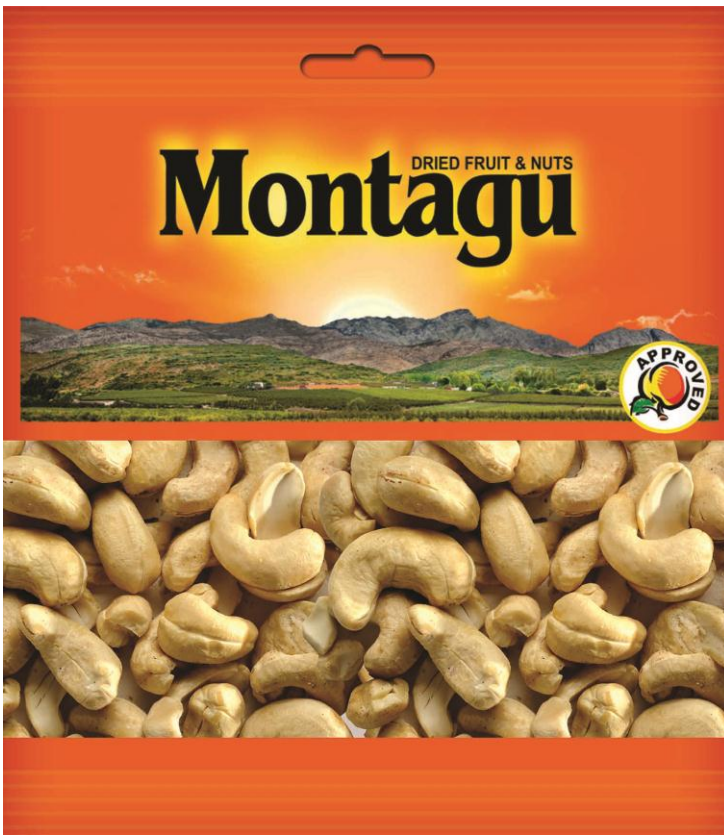


# CASHEWS PLAIN SNACK PACK



High in Energy	✓
High in Fibre	✓
Very Low in Sodium	✓
Suitable for vegetarians	✓
Cholesterol free	✓
Country of origin	Tanzania / Vietnam
Preservative	Free
Kosher	✓
Halaal	✓

## Ingredients: Cashews

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.

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	2330 kJ
Protein	20.7 g
Carbohydrates	19 g
Total sugar	6.7 g
Total fat	45.4 g
Saturated fat	9.1 g
Monounsaturated fat	25.9 g
Polyunsaturated fat	8.3 g
Fibre	8.2 g
Sodium	23.4 mg

