

REDSKIN PEANUTS RAW



High in Energy	✓
High in Fibre	✓
Suitable for vegetarians	✓
Cholesterol free	✓
Country of origin	RSA
Preservative	Free
Kosher	✓
Halaal	✓

Ingredients: Peanuts

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	2893 kJ
Protein	9.2 g
Carbohydrates	14 g
Total sugar	4 g
Total fat	72 g
Saturated fat	6.2 g
Monounsaturated fat	40.8 g
Polyunsaturated fat	21.6 g
Fibre	10 g
Sodium	6 mg

