

REDSKIN PEANUTS ROASTED & SALTED



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

Ingredients: Peanuts, Salt, Sunflower Oil

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	2431 kJ
Protein	26 g
Carbohydrates	10 g
Total sugar	4 g
Total fat	49 g
Saturated fat	7 g
Monounsaturated fat	24.5 g
Polyunsaturated fat	15.6 g
Fibre	9 g
Sodium	312 mg

