

DRY ROASTED SALTED ALMONDS**INGREDIENTS:** ALMONDS, salt**Nutritional Information per 100g**

Energy	635Kcal/2628Kj
Fat	52.8g
of which saturates	4.04g
Carbohydrate	7.5g
of which Sugars	4.9g
Protein	27g
Salt	0.9g

DRY ROASTED SALTED PISTACHIOS**INGREDIENTS:** PISTACHIOS, Salt**Nutritional Information per 100g**

Energy	601Kcal/2491Kj
Fat	45.9g
of which saturates	5.6g
Carbohydrate	16.5g
of which Sugars	7.8g
Protein	25.2g
Salt	1.0g

DRY ROASTED SALTED MIXED NUTS**INGREDIENTS:** ALMONDS, BRAZIL NUTS, CASHEWS, PEANUTS, HAZLENUTS, salt**Nutritional Information per 100g**

Energy	636Kcal/2632Kj
Fat	53g
of which saturates	8.1g
Carbohydrates	13g
of which Sugars	4.4g
Protein	24g
Salt	1.0g

RAW KING WALNUTS**INGREDIENTS:** WALNUTS**Nutritional Information per 100g**

Energy	701Kcal/2892Kj
Fat	69g
of which saturates	5g
Carbohydrates	3.3g
of which Sugars	2.6g
Protein	15g
Salt	0.02g

DRY ROASTED SALTED CASHEWS**INGREDIENTS:** CASHEWS, salt**Nutritional Information per 100g**

Energy	614Kcal/2551Kj
Fat	46g
of which saturates	9.2g
Carbohydrate	30g
of which Sugars	5g
Protein	18g
Salt	1.6g

CARAMELISED PECANS**INGREDIENTS:**

PECANS, Sugar, Vegetable oil, (SOY)

Nutritional Information per 100g

Energy	513Kcal/2149Kj
Fat	24g
of which saturates	1.8g
Carbohydrate	71g
of which Sugars	71g
Protein	2.2g
Salt	0g

CARAMELISED PEANUTS**INGREDIENTS:** PEANUTS, sugar, honey, glucose, salt, water**Nutritional Information per 100g**

Energy	585Kcal/2430Kj
Fat	44g
of which saturates	6.1g
Carbohydrate	16g
of which Sugars	13g
Protein	27g
Salt	0.05g

Allergy Advice: See ingredients in capital letters.

May contain traces of peanuts, other nuts, sesame and gluten

TROPGO
FOODS