

# NUT PLATTER GIFT BOX

## DRY ROASTED SALTED ALMONDS

**INGREDIENTS:** ALMONDS, Salt

### Nutritional Information per 100g

Energy	635 <b>Kcal</b> / 2628 <b>KJ</b>
Fat	52.8g
of which Saturates	4.04g
Carbohydrate	7.5g
of which Sugars	4.9g
Protein	27g
Salt	0.9g

## DRY ROASTED SALTED CASHEWS

**INGREDIENTS:** CASHEWS, Salt

### Nutritional Information per 100g

Energy	614 <b>Kcal</b> / 2551 <b>KJ</b>
Fat	46g
of which Saturates	9.2g
Carbohydrate	30g
of which Sugars	5.0g
Protein	18g
Salt	1.6g

## DRY ROASTED SALTED PISTACHIOS

**INGREDIENTS:** PISTACHIOS, Salt

### Nutritional Information per 100g

Energy	601 <b>Kcal</b> / 2491 <b>KJ</b>
Fat	45.9g
of which Saturates	5.6g
Carbohydrate	16.5g
of which Sugars	7.8g
Protein	25.2g
Salt	1.0g

## RAW KING WALNUTS

**INDREDIENTS:** WALNUTS

### Nutritional Information per 100g

Energy	701 <b>Kcal</b> / 2892 <b>KJ</b>
Fat	69g
of which Saturates	5g
Carbohydrate	3.3g
of which Sugars	2.6g
Protein	15g
Salt	0.02g

## DRY ROASTED SALTED MIXED NUTS

**INGREDIENTS:** ALMONDS, BRAZIL NUTS, CASHEWS, PEANUTS, HAZELNUTS, Salt

### Nutritional Information per 100g

Energy	636 <b>Kcal</b> / 2632 <b>KJ</b>
Fat	53g
of which Saturates	8.1g
Carbohydrate	13g
of which Sugars	4.4g
Protein	24g
Salt	1.0g

## CARAMELISED PEANUTS

**INGREDIENTS:** PEANUTS, Sugar, Honey Glucose, Salt, Water

### Nutritional Information per 100g

Energy	585 <b>Kcal</b> / 2430 <b>KJ</b>
Fat	44g
of which Saturates	6.1g
Carbohydrate	16g
of which Sugars	13g
Protein	27g
Salt	0.05g

## CARAMELISED PECANS

**INGREDIENTS:** PECANS, Sugar, Vegetable Oil, (SOY)

### Nutritional Information per 100g

Energy	513 <b>Kcal</b> / 2149 <b>KJ</b>
Fat	24g
of which Saturates	1.8g
Carbohydrate	71g
of which Sugars	71g
Protein	2.2g
Salt	0g

**Allergy Advice: See ingredients in capital letters.**  
**May contain traces of peanuts, other nuts, sesame and gluten**