

| Per 100g                                |                                                      |
|-----------------------------------------|------------------------------------------------------|
| Nutritional information (per 100g)      | Tanzanian Salt Roasted                               |
|                                         |                                                      |
|                                         |                                                      |
| Energy kJ                               | 2165.7                                               |
| Energy kcal                             | 524.1                                                |
| Fat g                                   | 42.9                                                 |
| Saturates g                             | 8.2                                                  |
| Carbohydrates g                         | 15.6                                                 |
| Sugars g                                | 4.1                                                  |
| Fibre g                                 | 3.0                                                  |
| Protein g                               | 16.2                                                 |
| Salt g                                  | 1.2                                                  |
|                                         |                                                      |
|                                         |                                                      |
| Ingredients (allergens in <b>Bold</b> ) | Roasted Cashew Nuts ( <b>Nuts</b> ) (98%), Salt (2%) |