

Flambeaux Snack Mix

Nutrition Facts

About 3 servings per container

Serving size

1/2 cup (34g)

Calories

Per Serving

220

Per Container

630

% Daily Value *

% Daily Value *

Total Fat

19g **24%**

56g **72%**

Saturated Fat

8g **40%**

24g **120%**

Trans Fat

0g

0g

Cholesterol

0mg **0%**

0mg **0%**

Sodium

115mg **5%**

340mg **15%**

Total Carb.

7g **3%**

20g **7%**

Dietary Fiber

4g **14%**

12g **43%**

Total Sugars

2g

5g

Incl. Added Sugars

0g **0%**

0g **0%**

Protein

5g

14g

Vitamin D

0mcg 0%

0mcg 0%

Calcium

52mg 4%

130mg 10%

Iron

1.1mg 6%

3.6mg 20%

Potassium

0mg 0%

94mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMONDS, ORGANIC UNSWEETENED COCONUT FLAKES, FILTERED WATER, PECANS, COCONUT CHILI OIL, ONION POWDER, GARLIC POWDER, CRACKED BLACK PEPPER, PURE SEA SALT, CAYENNE PEPPER, MUSTARD POWDER, CELERY SALT, RED PEPPER FLAKES

CONTAINS: ALMOND, PECAN, COCONUT

GOURMECCA KITCHEN
SAN RAFAEL CA 94901