

Original Snack Mix

Nutrition Facts

2.5 servings per container

Serving size

1/2 cup (45g)

	Per Serving	Per Container
Calories	220	550
	% Daily Value*	% Daily Value*
Total Fat	17g 22%	43g 55%
Saturated Fat	5g 25%	14g 70%
<i>Trans Fat</i>	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	20mg 1%	50mg 2%
Total Carb.	13g 5%	32g 12%
Dietary Fiber	3g 11%	8g 29%
Total Sugars	6g	16g
Incl. Added Sugars	3g 6%	8g 16%
Protein	7g	17g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	52mg 4%	104mg 8%
Iron	1.8mg 10%	4.5mg 25%
Potassium	94mg 2%	188mg 4%

* 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, CASHEWS, FILTERED WATER, PUMPKIN SEEDS, ORGANIC UNSWEETENED COCONUT FLAKES, ORGANIC MAPLE SYRUP, ORGANIC APPLE, ORGANIC UNFILTERED APPLE JUICE, ORGANIC COCONUT OIL, PURE VANILLA EXTRACT, ORGANIC LEMON, CINNAMON, ORGANIC GINGER ROOT POWDER, ORGANIC CARDAMOM, PURE SEA SALT

CONTAINS: ALMOND, CASHEW, COCONUT

GOURMECCA KITCHEN
SAN RAFAEL, CA