

**Chocolate Covered
Brazil Nuts**
10.6 ounces (300 grams).

Serving Size: 6 pieces.
Servings per Bag: about 7
Calories: 240
Calories from Fat: 160

	% Daily Value
Total Fat 18g	28%
Sat Fat 7g	34%
Trans Fat 0g	
Polyunsat 3.8g	
Monounsat 6g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carb 16g	5%
Dietary Fiber 2g	10%
Sugars 12g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
Calories per gram: Fat 9	
Carbohydrate 4 Protein 4	

Ingredients: Brazil nuts, sugar, cocoa liquor, cocoa butter, emulsifier (lethithin), vanilla flavor.

Brazil Nuts
10.6 ounces (300 grams).

Serving Size: 6 nuts (30g)
Servings per Bag: about 8.
Calories: 197
Calories from Fat: 176

	% Daily Value
Total Fat 20g	31%
Sat Fat 5g	23%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carb 4g	1%
Dietary Fiber 2g	10%
Sugars 12g	
Protein 4g	8%
Vitamin A 0%	Vitamin C 2%
Calcium 16%	Iron 11%

Ingredients: Brazil nuts, sugar, cocoa liquor, cocoa butter, emulsifier (lethithin), vanilla flavor.

Brazil Nut Oil
8.5 fluid ounces (250 ml).

Serving Size: 1Tbsp (15 ml)
Servings per container: 17

Amount per Serving
Calories: 123
Calories from Fat: 123

	% Daily Value
Total Fat 14g	22%
Saturated 3g	15%
Trans Fat 0g	
Cholesterol 0g	
Sodium 0mg	0%
Carbohydrates 0g	0%
Protein 0g	0%

Ingredient: Brazil Nut oil.

This product may become cloudy below 45F. It should be stored tightly capped in a cool, dark place.