

Nutrition Facts

Cashew

Serving size (100g)

Amount Per Serving

Calories

550

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% Daily Value*

Total Fat 44g	56%
Saturated Fat 8g	40%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 6.66mg	35%
Potassium 0mg	0%
Vitamin C 0.99mg	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.