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Cashews Roasted and Salted - 12 oz.



Cashews are the seeds of a tree that is native to India, Africa, and South America. They are low in saturated fat and are a good source of fiber, iron, magnesium, and zinc.

PRODUCT #: 7090
UPC: 733739070906
SRP: $5.49
Where to Buy
Add a Comment

Nutrition Info

Servings Per Container: 10

	Amount Per Serving	% Daily Value
Calories	220	
Calories from fat	160	
Total Fat	18 g	28%
Saturated fat	2.5 g	13%
Cholesterol	0 g	0%
Sodium	140 mg	6%
Total Carbohydrate	10 g	3%
Dietary Fiber	4 g	16%
Sugar	2 g	
Protein	6 g	
Vitamin A		0%
Calcium		0%
Magnesium		20%
Vitamin C		0%
Iron		10%
Zinc		10%

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

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By Neil E. Levin, CCN, DANLA Nutrition Educator for NOW Foods Bloomingdale, Illinois A report published in the medical journal JAMA this week has triggered scary

Serving Size: 1/4 cup

Servings per package: 10

Other Ingredients: cashews, vegetable oil, salt

Warnings: None

Disclaimers: None

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