

FOOD INFORMATION

Food Name

Mixed Nuts and Seeds

Mixed Nuts and Seeds

Country of Origin:

England

Manufacturer's Address:

The Lindum Snack Co Ltd. Unit 10, Boston PE22 7DJ

Net Quantity:

15g

Conditions of Use

A delicious mix of seeds, cashews, almonds and pecans - perfect to keep you going through the afternoon.

Ingredients

Cashew nuts, Almonds, Pecans, Sunflower seeds, Pumpkin seeds

Allergens

Cashew Nuts, Almonds, Pecan

May Contain

May also contain traces of peanuts, other nuts and sesame seeds.

Instructions for Use

Open and eat.

Alcoholic Strength

0

Nutritional Information

		Per 100g Serving	Per 15g Serving	*Reference Daily Intake
Energy	kJ	2466	370	18.5%
	kcal	597	90	4.5%
Fat (g)		52	8	11.1%
of which saturates (g)		6	1	4.8%
Carbohydrates (g)		19	3	1.1%
of which sugars (g)		4	1	0.6%
Fibre (g)		4	1	-
Protein (g)		19	3	5.8%
Salt (mg)		8	1	1.2%

*Reference intake of
an average adult
(8400 kJ/2000 kcal)

FOOD INFORMATION

Food Name

Salted Almonds

Salted Almonds

Country of Origin:

England

Manufacturer's Address:

The Lindum Snack Co Ltd. Unit 10, Boston PE22 7DJ

Net Quantity:

15g

Conditions of Use

Packed with protein to keep you fuller for longer

Ingredients

Almonds, Rapeseed Oil, Salt

Allergens

Almonds

May Contain

Traces of peanuts, other nuts and sesame seeds.

Instructions for Use

Open and Eat

Alcoholic Strength

0

Nutritional Information

	Per 100g Serving	Per 15g Serving	*Reference Daily Intake
Energy	2632	395	19.8%
	636	95	4.8%
Fat (g)	55	8	11.9%
of which saturates (g)	4	1	3.0%
Carbohydrates (g)	17	3	1.0%
of which sugars (g)	4	1	0.7%
Fibre (g)	3	1	-
Protein (g)	19	3	5.2%
Salt (g)	2	0	4.8%

*Reference intake of
an average adult
(8400 kJ/2000 kcal)