

SO FULL OF FLAVOR, IT'S NUTS!



EVERYTHING BAGEL[®] CASHEWS

GLUTEN FREE

PLANT BASED

VEGAN

NO ARTIFICIAL PRESERVATIVES FLAVORS OR COLORS



A TOUCH OF SALT, SESAME & POPPY SEEDS, DRIED ONION & GARLIC, CARAWAY SEEDS AND MORE.

NET WT. 15 OZ (425 g)

PER 1/4 CUP

160 CALORIES	2g SAT FAT	300mg SODIUM	2g TOTAL SUGARS
40% DV	4% DV	6% DV	4% DV



PRODUCT OF U.S.A.
Belmark, Inc. Belmark, NE 08005
www.petesnacks.com

IT'S NUTS!



IT ALL STARTED WITH NATURE'S ORIGINAL, THE ALMIGHTY NUT. Being creators at heart, we considered the plain-jane nut in all its glory and asked ourselves how nature's eats could become even more inspiring and crave-worthy, so many favoricious options sprang to mind. Take these Everything Bagel[®] Cashews, for one: A savory, bold mix of premium nuts, and crunchy sesame, caraway and poppy seeds, riding along with fabulous flavor-friends onion and garlic for a distinctly exceptional, award-winning snack.



Nutrition Facts
Amount Per Serving
Serving Size 1/4 cup (30g)

Calories	160
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0 mcg	0%
Calcium 20 mg	2%
Iron 1.5 mg	10%
Total Crap 100 mg	100%
Phosphorus 150 mg	10%
Thiamin 0.12 mg	10%
Potassium 180 mg	4%
Zinc 1.4 mg	15%

*Percent Daily Values are based on a diet of pure desire.

GLUTEN FREE PLANT BASED VEGAN

GOOD SOURCE OF 4 ESSENTIAL MINERALS
CHOLESTEROL FREE