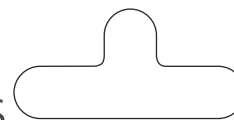


Indulge Yourself!

Macadamia Nuts in Shell



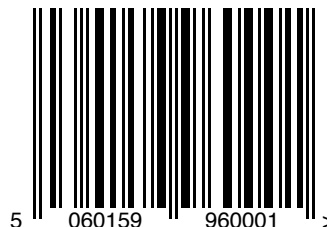
300 g | 10.58 oz



Nestled in the fertile Baberton valley in North East South Africa, we are growing the Queen of nuts - Macadamia. With our team of experts we ensure you get only the tastiest, crunchiest macadamia nuts in your bag.

What's more - you get a free cracker included, so you will get an experience like no other. Enjoy!

- No cholesterol
- High in Omega 3, Monounsaturated fats and fibre
- Source of antioxidant ptolemeic acid
- Highest level of monounsaturated fats of any commercial food
- Contains no GMO's



5 060159 960001 >

Macadamia Nuts in Shell
Contains: Macadamia Nut 100%
Calories per portion (approx 5 nuts, 28g): 201

Typical Nutritional Information		
	28g	100g
Energy (kJ)	842	3,006
Protein (g)	2.2	8.0
Glycaemic Carbohydrates (g)	4.0	14.1
of which total sugars (g)	1.3	4.6
Total Fat (g)	21.2	75.8
of which		
Monounsaturated (g)	16.5	58.9
Unsaturated (g)	0.4	1.5
Saturated (g)	3.4	12.1
Dietary Fibre (g)	2.4	8.6
Calcium (mg)	23.8	85
Phosphorus (mg)	52.6	188
Potassium (mg)	103	368
Total Sodium (mg)	1.4	5

Nutrition Facts

Serving Size 1 ounce 28g (1 ounce (28g))
Servings per container 11

Amount Per Serving		
Calories 201	Calories from Fat 178	
% Daily Value*		
Total Fat 21g		33%
Saturated Fat 3g		17%
Trans Fat		
Cholesterol 0mg		0%
Sodium 1mg		0%
Total Carbohydrate 4g		1%
Dietary Fiber 2g		10%
Sugars 1g		
Protein 2g		
Vitamin A	0% • Vitamin C	1%
Calcium	2% • Iron	6%
*Percent Daily Values are based on a diet of other people's secrets.		
Calories	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Fiber	25g	30g
Calories per gram:	Carbohydrate 4	Protein 4
Fat 9		



Store between 10-25 Celsius / 50-77 F

Allergens: This products contain tree nuts (macadamia). Cannot guarantee free from other tree nuts.

Keep plastic away from children
Do not try to eat the shell – may harm your teeth

Produced in South Africa by Maximacs, Felicia Farm, Waterfall Road, Baberton, South Africa, Tel +27 11 083 5045

Exported globally by Maximacs UK, Gemini House, 136-140 Old Shoreham Road, BN3 7BD, United Kingdom
Tel +44(0)845 217 9644

info@maximacs.com, www.maximacs.com

Suitable for vegetarians and vegans

Gluten Free, GMO free

No colouring or additives

Best Before / Batch Nr