

# Indulge Yourself!

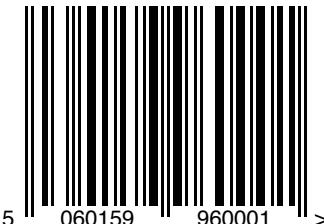
Macadamia Nuts in Shell



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



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

	28g	100g
Energy (kJ)	842	3,006
Protein (g)	2.2	8.0
Glycemic 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 from Fat 178
<b>Calories</b> 201	<b>Calories from Fat</b> 178
	<b>% Daily Value*</b>
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	
<b>Protein</b> 2g	
Vitamin A 0% • Vitamin C 1%	
Calcium 2% • Iron 6%	
*The % daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 4,000mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
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## 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

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Suitable for vegetarians and vegans

Gluten Free, GMO free

No colouring or additives

Best Before / Batch Nr

