MAXIMACS

Indulge Yourself!

Macadamia Nuts in Shell

Free cracker!

300 g | 10.58 oz

MAXIMACS

Nuts!

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 cholestrol
- 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

SATISFACTION 100% GUARANTEED

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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 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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,
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Suitable for vegetarians and vegans
Gluten Free, GMO free
No colouring or additives

Best Before / Batch Nr