


Recipe: 239 - Salt and Pepper Cashews \*

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Number of Servings: 3.33 (30 g per serving) Weight: 100.00 g

Recipe

Item Name	Quantity	Measure	User Code
 cashews, oil roasted, halves, unsalted	97	Gram	
 Salt and Pepper Seasoning - 111046	3	Gram	

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin B12 (mcg)	0
Gram Weight (g)	30.00	Biotin (mcg)	3.78
Calories (kcal)	170.65	Vitamin C (mg)	0.09
Calories from Fat (kcal)	125.20	Vitamin D - IU (IU)	0
Calories from SatFat (kcal)	22.23	Vitamin D - mcg (mcg)	0
Protein (g)	4.93	Vitamin E - Alpha-Toco (mg)	0.27
Carbohydrates (g)	9.15	Folate (mcg)	7.27
Total Dietary Fiber (g)	1.00	Folate, DFE (mcg DFE)	7.27
Total Soluble Fiber (g)	0.51	Vitamin K (mcg)	10.10
Total Sugars (g)	1.80	Pantothenic Acid (mg)	0.26
Monosaccharides (g)	0.05	Minerals	
Disaccharides (g)	1.41	Calcium (mg)	13.58
Other Carbs (g)	6.27	Chromium (mcg)	--
Fat (g)	13.91	Copper (mg)	0.59
Saturated Fat (g)	2.47	Fluoride (mg)	--
Mono Fat (g)	7.55	Iodine (mcg)	3.20
Poly Fat (g)	2.49	Iron (mg)	1.77
Trans Fatty Acid (g)	0	Magnesium (mg)	79.44
Cholesterol (mg)	0	Manganese (mg)	0.49
Water (g)	1.03	Molybdenum (mcg)	8.58
Vitamins		Phosphorus (mg)	154.52
Vitamin A - IU (IU)	0.70	Potassium (mg)	185.99
Vitamin A - RE (RE)	0	Selenium (mcg)	5.91
Vitamin A - RAE (mcg)	0	Sodium (mg)	150.61
Carotenoid RE (RE)	0	Zinc (mg)	1.56
Retinol RE (RE)	0	Poly Fats	

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Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
Beta-Carotene (mcg)	0	Omega 3 Fatty Acid (g)	0.02
Vitamin B1 (mg)	0.11	Omega 6 Fatty Acid (g)	2.47
Vitamin B2 (mg)	0.06	Other Nutrients	
Vitamin B3 (mg)	0.51	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	1.67	Caffeine (mg)	0
Vitamin B6 (mg)	0.09	Choline (mg)	17.75