

**CASHEWS Nutritional Content (in 100 grams)**

Calories.....	553.0	Sugars.....	5.9g	Total Trans Fat.....	0.0g	Iron.....	6.6mg
Protein.....	18.2g	Added Sugar.....	0.0g	Cholesterol.....	0.0mg	Sodium.....	12.0mg
Carbohydrates.....	30.1g	Total Fat.....	43.8g	Vitamin D.....	0.0mcg	Potassium.....	660.0mg
Dietary Fiber.....	3.3g	Saturated Fat.....	7.7g	Calcium.....	37.0mg		

Source: USDA National Nutrient Database Release 28



# CASHEWS



## GRADES & SIZES



**240 COUNT FANCY**  
R/S 91000



**320 COUNT FANCY**  
R/S 91030  
R/NS 91035



**450 COUNT FANCY**  
FOR INFO ONLY



**FANCY HALVES & PIECES**  
R/S 91050



**FANCY SPLITS**  
FOR INFO ONLY



**FANCY BUTTS**  
FOR INFO ONLY



**FANCY LARGE PIECES**  
R/S 91060  
R/NS 91061



**FANCY SMALL PIECES**  
FOR INFO ONLY



**SCORCHED WHOLE**  
**(APPROX. 320 SIZE)**  
FOR INFO ONLY



**SCORCHED PIECES**  
FOR INFO ONLY



**HONEY ROASTED**  
04294



**CASHEW BUTTER**  
FOR INFO ONLY



## VALUE ADDED