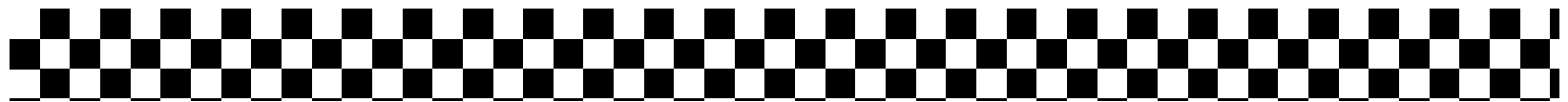




# **Carolina Nut Co.**

# **Nutritional Facts**



carolinanut.com



## GOURMET SALTED PEANUTS

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container Varied			
Amount Per Serving			
<b>Calories</b> 170		Calories from Fat 110	
% Daily Value*			
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Sodium</b> 85mg			<b>4%</b>
<b>Total Carbohydrate</b> 7g			<b>2%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 1g			
Protein 7g			
Iron 4%			
Not a significant source of cholesterol, vitamin A, vitamin C, or calcium.			
* 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
Dietary Fiber		25g	30g

**Ingredients:** Peanuts, Canola, Peanut and/or Soybean Oil, Salt

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.

## HONEY ROASTED PEANUTS

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container Varied			
Amount Per Serving			
<b>Calories</b> 160		Calories from Fat 110	
% Daily Value*			
<b>Total Fat</b> 12g			<b>19%</b>
Saturated Fat 1.5g			<b>9%</b>
Trans Fat 0g			
<b>Sodium</b> 120mg			<b>5%</b>
<b>Total Carbohydrate</b> 8g			<b>3%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 5g			
Protein 6g			
Calcium 2%	•	Iron 6%	
Not a significant source of cholesterol, vitamin A, or vitamin C.			
* 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
Dietary Fiber		25g	30g

**Ingredients:** Peanuts, Sugar, Honey, Salt, Canola, Peanut and/or Soybean Oil, Potato Starch, Cellulose Gum

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.

## SEA SALT & PEPPER PEANUTS

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container Varied			
Amount Per Serving			
<b>Calories</b> 170		Calories from Fat 110	
% Daily Value*			
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Sodium</b> 85mg			<b>4%</b>
<b>Total Carbohydrate</b> 7g			<b>2%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 1g			
Protein 7g			
Iron 4%			
Not a significant source of cholesterol, vitamin A, vitamin C, or calcium.			
* 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
Dietary Fiber		25g	30g

**Ingredients:** Peanuts, Canola, Peanut and/or Soybean Oil, Sea Salt, Black Pepper

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.

## HONEY ROASTED CHIPOTLE PEANUTS

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container Varied			
Amount Per Serving			
<b>Calories</b> 160		Calories from Fat 110	
% Daily Value*			
<b>Total Fat</b> 12g			<b>19%</b>
Saturated Fat 1.5g			<b>9%</b>
Trans Fat 0g			
<b>Sodium</b> 200mg			<b>7%</b>
<b>Total Carbohydrate</b> 8g			<b>3%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 5g			
Protein 6g			
Vitamin C 2%	•	Calcium 4%	
Iron 6%			
Not a significant source of cholesterol or vitamin A.			
* 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
Dietary Fiber		25g	30g

**Ingredients:** Peanuts, Sugar, Honey, Salt, Canola, Peanut and/or Soybean Oil, Potato Starch, Cellulose Gum, Spices, Onion Powder, Corn Syrup Solids, Corn Starch, Garlic Powder, Natural Flavors, Xanthan Gum, Citric Acid, Vinegar Powder, Spice Extractive, Extractives of Paprika

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.



## JALAPEÑO PEANUTS

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container Varied			
Amount Per Serving			
<b>Calories</b> 170		Calories from Fat 110	
% Daily Value*			
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 2g			<b>10%</b>
<i>Trans</i> Fat 0g			
<b>Sodium</b> 280mg			<b>10%</b>
<b>Total Carbohydrate</b> 7g			<b>2%</b>
Dietary Fiber 4g			<b>11%</b>
Sugars 1g			
<b>Protein</b> 7g			
<b>Iron</b> 4%			
Not a significant source of cholesterol, vitamin A, vitamin C, or calcium.			
* 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
Dietary Fiber		25g	30g

**Ingredients:** Peanuts, Canola, Peanut and/or Soybean Oil, Salt, Paprika, Onion Powder, Corn Syrup Solids, Corn Starch, Spices, Garlic Powder, Natural Flavors, Xanthan Gum, Citric Acid, Vinegar Powder

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.

## CAROLINA BBQ PEANUTS

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container 4.5			
Amount Per Serving			
<b>Calories</b> 170		Calories from Fat 110	
% Daily Value*			
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 2g			<b>10%</b>
<i>Trans</i> Fat 0g			
<b>Sodium</b> 230mg			<b>10%</b>
<b>Total Carbohydrate</b> 7g			<b>2%</b>
Dietary Fiber 4g			<b>11%</b>
Sugars 1g			
<b>Protein</b> 7g			
<b>Iron</b> 4%			
Not a significant source of cholesterol, vitamin A, vitamin C, or calcium.			
* 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

**Ingredients:** Peanuts, Canola, Peanut and/or Soybean Oil, Sugar, Salt, Paprika, Spices, Autolyzed Yeast, Onion Powder, Natural Smoke Flavor, Caramel Color, Garlic Powder, Spice Extractive, Extractives of Paprika

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.

## BACON RANCH PEANUTS

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container Varied			
Amount Per Serving			
<b>Calories</b> 170		Calories from Fat 110	
% Daily Value*			
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 2g			<b>10%</b>
<i>Trans</i> Fat 0g			
<b>Sodium</b> 320mg			<b>12%</b>
<b>Total Carbohydrate</b> 7g			<b>2%</b>
Dietary Fiber 4g			<b>11%</b>
Sugars 1g			
<b>Protein</b> 7g			
<b>Calcium</b> 2%		<b>Iron</b> 4%	
Not a significant source of cholesterol, vitamin A, vitamin C, or calcium.			
* 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
Dietary Fiber		25g	30g

**Ingredients:** Peanuts, Canola, Peanut and/or Soybean Oil, Buttermilk, Maltodextrin, Salt, Garlic and Onion Powders, Sweet Cream Solids, Spices, Natural Flavors (including milk), Citric Acid, Sour Cream Solids (cultured cream, nonfat milk)

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.

## MAUI ONION PEANUTS

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container Varied			
Amount Per Serving			
<b>Calories</b> 170		Calories from Fat 110	
% Daily Value*			
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 2g			<b>10%</b>
<i>Trans</i> Fat 0g			
<b>Sodium</b> 280mg			<b>11%</b>
<b>Total Carbohydrate</b> 7g			<b>2%</b>
Dietary Fiber 4g			<b>11%</b>
Sugars 1g			
<b>Protein</b> 7g			
<b>Iron</b> 4%			
Not a significant source of cholesterol, vitamin A, vitamin C, or calcium.			
* 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
Dietary Fiber		25g	30g

**Ingredients:** Peanuts, Canola, Peanut and/or Soybean Oil, Sugar, Onion and Garlic Powders, Salt, Whey, Fructose, Autolyzed Yeast Extract, Torula Yeast, Hydrolyzed Soy Protein, Dextrose, Malic Acid, Natural Flavor, Caramel Color

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.



## DILL PICKLE PEANUTS

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 4g	<b>11%</b>
Sugars 1g	
Protein 7g	
Iron 4%	
Not a significant source of cholesterol, vitamin A, vitamin C, or calcium.	
* 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
Dietary Fiber	25g 30g

**Ingredients:** Peanuts, Canola, Peanut and/or Soybean Oil, Whey, Vinegar Powder (maltodextrin, vinegar, modified food starch), Lactose, Salt, Sugar, Citric Acid, Spices, Onion and Garlic Powders, Autolyzed Yeast Extract, Natural Flavors

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.

## HABANERO PEANUTS

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Sodium</b> 280mg	<b>10%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 4g	<b>11%</b>
Sugars 1g	
Protein 7g	
Iron 4%	
Not a significant source of cholesterol, vitamin A, vitamin C, or calcium.	
* 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
Dietary Fiber	25g 30g

**Ingredients:** Peanuts, Canola, Peanut and/or Soybean Oil, Spices, Salt, Onion Powder, Corn Syrup Solids, Corn Starch, Garlic Powder, Natural Flavors, Xanthan Gum, Citric Acid, Vinegar Powder, Spice Extractives, Extractives of Paprika

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.

## BUTTER TOFFEE PEANUTS

Nutrition Facts	
Serving Size About 1 oz (28g)	
12 Servings Per Container	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 76
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 38mg	<b>2%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 18g	
Protein 3g	
Not a significant source of cholesterol, vitamin A, vitamin C, or calcium.	
* 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
Dietary Fiber	25g 30g

**Ingredients:** Sugar, Peanuts, Butter, Salt, Honey, Soy Lecithin

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.

## PEANUT BUTTER & JELLY PEANUTS

Nutrition Facts	
Serving Size About 1 oz (28g)	
12 Servings Per Container	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
* 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
Dietary Fiber	25g 30g

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

**Ingredients:** Peanuts, Canola, Peanut and/or Soybean Oil, Sugar, Salt, Grape Juice Powder (grape juice solids, maltodextrin, tartaric acid), Natural Flavor, Malic Acid, Artificial Colors (blue #2 lake, red #40 lake, blue #1, red #40)

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.



## SRIRACHA RANCH PEANUTS

### Nutrition Facts

Serving Size About 1 oz (28g)  
12 Servings Per Container

**Amount Per Serving**  
**Calories** 180    **Calories from Fat** 140

% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	

**Protein** 6g

Vitamin A 0%    •    Vitamin C 0%  
Calcium 2%    •    Iron 2%

\* 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
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Peanuts, Canola, Peanut and/ or Soybean Oil, Hot Sauce Powder [(aged cayenne pepper, vinegar, salt, garlic), maltodextrin], Salt, Garlic and Onion Powder, Buttermilk, Vinegar Powder (maltodextrin, distilled white vinegar, modified corn starch), Sour Cream (cultured cream, nonfat milk), Dextrose, Corn Syrup Solids, Natural Flavors, Spices, Tomato Powder, Citric Acid, Yeast Extract, Lactic Acid, Malic Acid, Extractives of Paprika.

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.

## MILK CHOCOLATE COVERED PEANUTS (SEASONAL)

### Nutrition Facts

Serving Size About 9 Pieces (30g)  
Servings Per Container Varied

**Amount Per Serving**  
**Calories** 160    **Calories from Fat** 85

% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 18mg	<b>1%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 15g	

**Protein** 2g

**Calcium** 3%

Not a significant source of vitamin A, vitamin C, or iron.

\* 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
Dietary Fiber		25g	30g

**Ingredients:** Milk Chocolate [sugar, cocoa butter, milk, chocolate liquor, soy lecithin (an emulsifier), artificial flavor (vanillin)], Peanuts

**Allergen Alert:** This product is manufactured on equipment that processes peanuts, tree nuts, milk, wheat, egg, and soy ingredients. Trace amounts may be present.