

Carolina Nut Co. Nutritional Facts

carolinanut.com



GOURMET SALTED PEANUTS

Nutrition Facts

Serving Size 1 oz (28g) Servings Per Container Varied

Amount Per Serving	
Calories 170 Calories	from Fat 110
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Sodium 85mg	4%
Total Carbohydrate 7g	2 %
Dietary Fiber 5g	20%
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 Carbohy	drate	300g	375g
Dietary Fiber	r	25g	30g

Ingredients: Peanuts, Canola, Peanut and/or Sovbean 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

Nutri Serving Size Servings Pe	e 1 oz (28	3g)	
Amount Per Se	rvina		
Calories 16		ries from	Fat 110
Calones	o caio		
		% Do	aily Value*
Total Fat 12	g		19%
Saturate	d Fat 1.5	g	9%
Trans Fat	0g		
Sodium 120)mg		5%
Total Carbo	hydrate	8g	3%
Dietary F	iber 2g		8%
Sugars 5	g		
Protein 6g			
Ü			
Calcium 2%	6 •		Iron 6%
Not a significar	nt source of	f cholestero	I, vitamin
A, or vitamin C			
* Percent Daily	Values are	based on a	2,000
calorie diet. Yo	our Daily Va	lues may be	e higher or
lower dependi	· ,		
	Calories:		2,500
Total Fat Sat Fat	Less than Less than		80g 25g
Cholesterol	Less than		25g 300mg
Sodium	Less than		2,400mg
Total Carbohyo	drate	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 Pe			d
Amount Per Se	rving		
Calories 17	0 Calo	ries from	Fat 110
		% Do	ily Value*
Total Fat 13	g		20%
Saturate	d Fat 2g		10%
Trans Fat	0g		
Sodium 85r	ng		4%
Total Carbo	hydrate	7g	2%
Dietary F	iber 5g		20%
Sugars 1	g		
Protein 7g			
Iron 4% Not a significar A, vitamin C, o		f cholesterol	l, vitamin
* Percent Daily		based on c	1 2,000
calorie diet. Yo lower dependi			
	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohyo Dietary Fiber	Less than Less than Less than Less than drate	20g 300mg	80g 25g 300mg 2,400mg 375g 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

Servina Size 1 oz (28a)

Servings Pe			ed
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Amount Per Se			
Calories 16	60 Calo	ries from	Fat 110
		% Do	aily Value*
Total Fat 12	<u>2g</u>		19%
Saturate	d Fat 1.5	g	9 %
Trans Fat	0g		
Sodium 200	Omg		7 %
Total Carbo	ohydrate	8g	3%
Dietary F	iber 2g		8%
Sugars 5	g		
Protein 6g			
<u>Vitamin C :</u>	2% •	Cald	<u>cium 4%</u>
Iron 6%			
Not a significa	nt source o	f cholestero	ol or
vitamin A.			
* Percent Daily			
calorie diet. Yo			
lower depend			
Total Fat	Calories:		2,500
Sat Fat	Less than		80g 25g
Cholesterol	Less than		300mg
Sodium	Less than		2,400mg

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

300a

25g

375g

30g

Total Carbohydrate

Dietary Fiber

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	
Calories 170 Calories	from Fat 110
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Sodium 280mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	11%
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 Carbohy	drate	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 BBO PEANUTS

Nutr	itio	n Fa	cts
Serving Siz	re 1 oz 128	3a)	
Servings P			
oer virigo i	or cornar	1101 1.0	
Amount Per S			
Calories 1	70 Calo	ries from	Fat 110
~~ ~			
% Daily Value) *		
Total Fat 1	3g		20%
Saturat	ed Fat 2g		10%
Trans Fo	at 0g		
Sodium 23	30mg		10%
Total Cark	ohydrate	· 7g	2%
	Fiber 4g		11%
Sugars			
Protein 7g			
Troisin , g			
Iron 4%			
Not a signific	ant source of	f cholestero	I. vitamin
A, vitamin C,			,
* Percent Dai		based on a	2,000
calorie diet. \	Your Daily Va	lues may be	e higher or
lower depen-	ding on your	calorie nee	eds.
	Calories:	2,000	2,500
Total Fat	Less than		80g
Sat Fat	Less than		25g
Cholesterol Sodium	Less than	300mg 2,400ma	300mg 2,400mg
soaium	Less inan	∠,4uumg	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 Calories 170 Calories from Fat 110 % Daily Value* **Total Fat 13g** 20% Saturated Fat 2g 10% Trans Fat 0g Sodium 320mg 12% 2% Total Carbohydrate 7g 11% Dietary Fiber 4g Sugars 1g

Protein 7g

Calcium 2%	•	Iron 4%
Not a significant so	urce of cho	olesterol, vitamin
A, vitamin C, or ca	lcium.	

* 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 Carbohy	/drate	300g	375g
Dietary Fibe	r	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 Siz			
Servings P	er Contai	ner Varie	ed
Amount Per S	ervina		
Calories 1		ries from	Fat 110
		% Do	aily Value*
Total Fat 1	3g		20%
Saturate	ed Fat 2g		10%
Trans Fo	ıt 0g		
Sodium 28	30mg		11%
Total Carb	ohydrate	· 7g	2%
Dietary	Fiber 4g		11%
Sugars	lg		
Protein 7g			
Iron 4%			
Not a significa	ant source o	f cholestero	l, vitamin
A, vitamin C,			
* Percent Dai	ly Values are	based on a	a 2,000
calorie diet. Y			
lower depend	0 ,		
	Calories:		2,500
Total Fat	Less than		80g
Sat Fat Cholesterol	Less than		25g
Sodium	Less than	2,400mg	300mg 2,400ma
30010111	LESS IIIUII	2,400IIIg	2,400ITIG

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

300g

25g

Total Carbohydrate

Dietary Fiber

375g

30g

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

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, c. ccg	
Calories 170 Calories	from Fat 110
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Sodium 230mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	11%
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 Carbohy	drate	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

Calories 170 Calories from Fat 110

	% Daily Value
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Sodium 280mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	11%
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 Carbohy	drate	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

Calories 140 Calories from Fat 76

% Daily Value*	
Total Fat 8g	12 %
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 38mg	2 %
Total Carbohydrate 7g	2 %
Dietary Fiber 1g	4%
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 Carbohy	/drate	300g	375g
Dietary Fibe	r	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

Aniouniterserving	
Calories 180 Calories f	rom Fat 120
	% Daily Value
Total Fat 14g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	119
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%

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 Carbohyo	Irate	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

A	
Amount Per Serving Calories 180 Calories	from Fat 140
Calories 180 Calories	Irom Fai 140
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5 %
Total Carbohydrate 5g	2 %
Dietary Fiber 2g	8%
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 Carbohy	ydrate	300g	375g
Dietary Fibe	r	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 Eacts

Serving Size About 9 Pieces (30g) Servings Per Container Varied	
Amount Per Serving Calories 160 Calories from Fat 85	
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 18mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 2g	
Calcium 3% Not a significant source of vitam C, or iron. * Percent Daily Values are based	

calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. Calories: 2,000

Less than 65g

Less than 20g

Less than 300mg

Less than 2,400mg

300g

25g

Total Fat

Sodium Total Carbohydrate

Sat Fat

Cholesterol

Dietary Fiber

2.500

80g 25g

300mg

375g

30g

2,400mg

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.