



# **Carolina Nut Co. Nutritional Facts**



carolinanut.com



**ORIGINAL**

**SALTED GOURMET**

<b>Nutrition Facts</b>	
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 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 CHIPOTLE

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container Varied	
Amount Per Serving	
Calories 160	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Sodium 200mg	7%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
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

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## BACON RANCH

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%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	11%
Sugars 1g	
Protein 7g	
Calcium 2%	• 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, 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.

## DILL PICKLE

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 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 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.

# FLAVORED

## HABANERO

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 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.



### MAUI ONION

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	11%
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 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.

### PEANUT BUTTER & JELLY

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container Varied	
Amount Per Serving	
Calories 180	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Sodium 270mg	11%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 6g	
Calcium 2%	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, Sugar, Salt, Grape Juice Powder (grapejuice 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.

### SMOKEY MOZZARELLA

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container Varied	
Amount Per Serving	
Calories 180	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 160mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 6g	
Calcium 2%	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, Maltodextrin, Cheddar Cheese (cultured milk, salt, enzymes), disodium phosphate, salt lactic acid), Whey, Salt, Natural Flavors (contains milk), Onion and Garlic Powder, Nonfat Dry 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.

# FLAVORED

### CAROLINA BBQ

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 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 Carbohydrate	300g    375g
Dietary Fiber	25g    30g

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.



### SRIRACHA RANCH

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container 12	
Amount Per Serving	
Calories 180	Calories from Fat 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 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.

### SEA SALT & PEPPER

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 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.

### JALAPEÑO

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 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.

# FLAVORED



# CANDIED

## BUTTER TOFFEE

Nutrition Facts																						
Serving Size 1 oz (30g)																						
Servings Per Container Varied																						
Amount Per Serving																						
Calories 140	Calories from Fat 76																					
% Daily Value*																						
Total Fat 8g	12%																					
Saturated Fat 1g	5%																					
Trans Fat 0g																						
Sodium 38mg	2%																					
Total Carbohydrate 21g	7%																					
Dietary Fiber 1g	4%																					
Sugars 18g																						
Protein 3g																						
<p>Not a significant source of cholesterol, vitamin A, vitamin C, calcium, or iron.</p> <p>* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</p> <table border="1"> <thead> <tr> <th></th> <th>Calories: 2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>			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
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Dietary Fiber	25g	30g																				

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

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## HONEY ROASTED

Nutrition Facts																						
Serving Size 1 oz (28g)																						
Servings Per Container Varied																						
Amount Per Serving																						
Calories 160	Calories from Fat 110																					
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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.