

# ROASTED MACADAMIA NUTS



- ✓ **HIGH** in Omega 3
- ✓ **ZERO** cholesterol
- ✓ **VITAL SOURCE** of monounsaturates

## Nutrition Facts

Serving size: 100g. Servings per container: 2

<b>Energy</b>	3040kj	<b>Total Carbohydrate</b>	11.4g
<b>Protein</b>	9.2g	Dietary Fibre	1.4g
<b>Fat (total oils)</b>	76.4g	Sugars	10g
Monounsaturates	59.6g	<b>Sodium</b>	3mg
Poly Unsaturates	3.1g	<b>Phosphorus</b>	241mg
Saturated	13.6g	<b>Calcium</b>	53mg
<b>Cholesterol</b>	Nil	<b>Potassium</b>	409mg

**INGREDIENTS:** Australian Roasted Macadamia Nuts, Salt.

**PACKED BY:** Koala Farms Macadamia Nut Company  
8 Dudgeons Lane, BANGALOW, NSW. AUSTRALIA. 2479.  
ABN: 98 011 064 314 visit:[www.koalafarms.com](http://www.koalafarms.com)

# ROASTED MACADAMIA NUTS - with abalone Flavouring

✓ **HIGH** in Omega 3

✓ **ZERO** cholesterol

✓ **VITAL SOURCE** of monounsaturates



## Nutrition Facts

Serving size: 100g. Servings per container: 2

<b>Energy</b>	3078kj	<b>Total Carbohydrate</b>	12g
<b>Protein</b>	8.5g	Dietary Fibre	6.8g
<b>Fat (total oils)</b>	74.6g	Sugars	5.2g
Monounsaturates	62.9g	<b>Sodium</b>	354mg
Poly Unsaturates	1.2g		
Saturated	10.4g	<b>Cholesterol</b>	Nil

**INGREDIENTS:** Australian roasted macadamia nuts and abalone flavour. (Natural and nature identical flavouring substance, salt, monosodiumglutamate E621 & ribotides E627, E623 [as flavour enhancers], sugar, dairy solids, hydrolysed soy protein, yeast extract, maltodextrin [corn], wheat flour, vegetable oil [soy bean].) Contains fish and shellfish, dairy solids, soya protein and wheat products.

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# ROASTED MACADAMIA NUTS - with wasabi Flavouring

- ✓ **HIGH** in Omega 3
- ✓ **ZERO** cholesterol
- ✓ **VITAL SOURCE** of monounsaturates



## Nutrition Facts

Serving size: 100g. Servings per container: 2

<b>Energy</b>	3040kj	<b>Total Carbohydrate</b>	11.4g
<b>Protein</b>	9.2g	Dietary Fibre	1.4g
<b>Fat (total oils)</b>	76.4g	Sugars	10g
Monounsaturates	59.6g	<b>Sodium</b>	3mg
Poly Unsaturates	3.1g	<b>Phosphorus</b>	241mg
Saturated	13.6g	<b>Calcium</b>	53mg
<b>Cholesterol</b>	Nil	<b>Potassium</b>	409mg

**INGREDIENTS:** Australian roasted macadamia nuts, wasabi powder, soy powder, flavour enhancers 321, 627 & 361, dairy solids, salt, yeast and/or extracts, herbs & spices, wheat starch, natural and nature flavours, veg powder, food acid 261 and free flow agent 504.

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