

# Cracking Nuts

COACH HOUSE, ILFRACOMBE, DEVON, EX34 9NW

   [WWW.CRACKINGNUTS.COM](http://WWW.CRACKINGNUTS.COM)

WE'D LOVE YOUR FEEDBACK: [WWW.CRACKINGNUTS.COM/FEEDBACK](http://WWW.CRACKINGNUTS.COM/FEEDBACK)

## NUTRITION INFORMATION PER 100g

ENERGY	2421 kJ
	583 kcal
FAT	47.9g
OF WHICH SATURATES	7.5g
CARBOHYDRATE	19.5g
OF WHICH SUGARS	11.4g
FIBRE	5.8g
PROTEIN	20.9g
SALT	0.88g

## The Cracking Nuts Mix

INGREDIENTS: PEANUTS, CASHEWS, ALMONDS, SUGAR, CINNAMON, PUREVANILLA, ROCK SALT, SEA-SALT



MAY CONTAIN TRACES OF OTHER NUTS



SUITABLE FOR VEGANS



GLUTEN FREE



KEEP AWAY FROM SMALL CHILDREN

100g

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## The Love Mix

INGREDIENTS: PEANUTS, CASHEWS,

ALMONDS, DRIED

\*STRAWBERRIES,

PINK ROCK SALT, CORNISH SEA SALT, SUGAR, CINNAMON, PURE VANILLA

### \*DRIED STRAWBERRIES

Strawberry, Sugar, Citric Acid (E330), Strawberry Flavour, Natural Colour, Sulfur Dioxide E223

### \*BELGIAN CHOCOLATE RAISINS

55% milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, emulsifier (E322 (soya)), natural vanilla flavour), 44 % raisins, modified tapioca starch, glucose syrup, vegetable oil (coconut), acidity regulator (E330), emulsifier (E471 (sunflower)), glazing agent (E904), preservative (E200).  
Min Cocoa Solids - 32%

## NUTRITION INFORMATION PER 100g

ENERGY	2281 kJ
	545 kcal
FAT	39.3g
OF WHICH SATURATES	7.8g
CARBOHYDRATE	42.6g
OF WHICH SUGARS	19.1g
FIBRE	2.6g
PROTEIN	13g
SALT	0.03g



MAY CONTAIN TRACES OF OTHER NUTS, GLUTEN & SESAME



SUITABLE FOR VEGETARIANS



KEEP AWAY FROM SMALL CHILDREN

100g