

We roast peanuts  
in their natural skins,  
then crush them for a  
perfect crunchy texture.

Preparation and uses  
Try on crackers and  
crumpets, add to  
cakes and bakes.

Storage Store cool & dry.  
Once opened, consume  
within 3 months.

### Nutrition Information

per 100g

Energy	2470 kJ	596 kcal
Fat		46.0g
of which saturates		8.2g
monounsaturates		21.1g
polyunsaturates		14.3g
Carbohydrate		11.6g
of which sugars		5.9g
Fibre		8.5g
Protein		29.6g
Salt		0.0g

### Vitamins & Minerals

per 100g (RDA)

Biotin	130µg	(260%)
Niacin	131mg	(82%)
Copper	0.64mg	(64%)
Phosphorus	420mg	(60%)
Magnesium	190mg	(51%)
Zinc	3.3mg	(33%)

100%  
nuts!

Made in the UK

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**1kg e** Best before end:  
See lid

No Palm Oil

