

no palm oil

100% nuts!

We roast peanuts in their natural skins, then grind them until almost (but not quite) smooth.

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

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

Made in the UK
Meridian Foods Limited
The Estate Office, Stockbridge
Road, Sutton Scotney SO21 3JW
www.meridianfoods.co.uk

1kg e Best before end:
See lid

Nutrition Information

per 100g

| | | |
|--------------------|--------|----------|
| Energy | 2470kJ | 59% kcal |
| Fat | 46.0g | |
| of which saturates | 8.2g | |
| monounsaturates | 27.1g | |
| polyunsaturates | 14.2g | |
| 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 | (53%) |



© Meridian Foods Ltd 2015. www.meridianfoods.co.uk