



FIRESIDE

PROVISIONS

SWEET AND SPICY NUT MIX

*"We need the tonic of wildness."
- Henry David Thoreau*

NET WEIGHT: 8 OUNCES (227 GRAMS)

PACKED BY FIRESIDE PROVISIONS, SOUTH SAN FRANCISCO CA 94080

Cashew*, almonds*, pumpkin seeds*, walnuts*, hazelnuts*, maple syrup*, spices*, sea salt*. No GMOs. *denotes organic

NUTRITION FACTS

SERV. SIZE:

$\frac{1}{4}$ CUP (28G)

SERV. PER PACKAGE:

ABOUT 8 SERVINGS

CALORIES: 170

FAT CALORIES: 140

AMOUNT/SERVING	%DV*	AMOUNT/SERVING	%DV*
TOTAL FAT 15g	23%	TOTAL CARBS 7g	2%
Sat. Fat 2g	9%	Dietary Fiber 2g	8%
Trans Fat 0g	0%	Sugars 2g	
CHOLESTEROL 0mg	0%	SODIUM 20mg	1%
PROTEIN 6g		*Percent Daily Values (DV) based on a 2,000 calorie diet	
Vitamin A 0%	Vitamin C 0%	Calcium 4%	Iron 8%

THIS BAG IS BIODEGRADABLE AND 100% RECYCLABLE
1% OF SALES GO TO PRESERVE AND RESTORE OUR NATURAL ENVIRONMENT