



# nuts 'n more®

HIGH PROTEIN + ALMOND SPREAD

## CINNAMON RAISIN

NET WT. 16OZ. (1LB) 454G

GLUTEN  
FREE

nuts 'n more®

nuts-n-more.com

## Nutrition Facts

Serving Size: 2 tbsp  
Servings: 14 (33g)  
Calories: 202  
Fat Cal: 126

WE SUGGEST STORING  
IN A COOL, DRY PLACE  
OR REFRIGERATE TO  
PRESERVE FRESHNESS

OIL SEPARATION MAY  
OCCUR, STIR WITH  
EVERY USE.

MANUFACTURED  
IN THE USA.

Amount Per Serving % Daily Value\*

Total Fat	14g	21%
Saturated Fat	2g	5%
Trans Fat	0g	0%
Cholesterol	1mg	1%
Sodium	56mg	1%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	12g	24%

Vitamin A 2% • Vitamin C 0% • Calcium 2% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories Per Gram: Fat 9		Carbohydrate 4	Protein 4

**Ingredients:** Almonds, Whey Protein Isolate, Natural Sweetener (Birch Xylitol), Cinnamon, Raisins, Organic Flax, Natural Extract, Sunflower Lecithin. **Allergen Warning Contains:** Almonds. Whey protein which is derived from dairy. May contain traces of peanuts and other nuts, fruits, cocoa and berries. No preservatives added.

**Manufactured in the USA by Nuts 'N More LLC.** E. Providence, RI 02914  
**Comments OR Questions?** Email Us: [questions@nuts-n-more.com](mailto:questions@nuts-n-more.com).  
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