



Gourmet Roasted Happiness!  
Since 1949



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peanut.com

# Nutritional Information

To place an order or for questions please contact us at  
1-800-445-1404 or email us at [peanut@peanut.com](mailto:peanut@peanut.com).

peanut.com

Check [peanut.com](http://peanut.com) for our most current nutritional information.

## Pecan Puddles

Nutrition Facts	
Serving Size 1oz (28g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 130
% Daily Value*	
<b>Total Fat</b> 15g	23%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> <5mg	2%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber <1g	4%
Sugars 16g	
<b>Protein</b> 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	4%

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

**Ingredients:** Milk Chocolate (Sugar, Milk, Cocoa Butter, Chocolate, Soy Lecithin, Vanillin <an artificial flavor>), Pecans, Corn Syrup, Evaporated Milk, Sugar, Invert Sugar, Butter, Palm Kernel Oil, Ammonium Carbonate, Salt, and Vanilla.

**Allergen Alert:** This product has been manufactured on equipment that processes peanuts and other tree nuts, and may contain peanuts, tree nuts, milk, wheat, egg and soybeans.

## Dark Chocolate Covered Almonds

Nutrition Facts	
Serving Size About 10 Pieces (4g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 108
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 1mg	0%
<b>Sodium</b> 1mg	0%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 2g	9%
Sugars 11g	
<b>Protein</b> 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	3%
Iron	5%

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

**Ingredients:** Dark Chocolate (Sugar, Chocolate Liquor, Cocoa Butter, Anhydrous Milk Fat, Soy Lecithin (an emulsifier), and Vanilla), Almonds, Gum Arabic, Corn Syrup, Sugar, and Certified Confectioners Glaze.

**Allergen Alert:** Manufactured on shared equipment with peanut and other tree nut products. Incidental nuts may be present. Contains: Almond, Milk, and Soy Ingredients.

## Chocolate Covered Peanut Brittle

Nutrition Facts	
Serving Size 1oz (28g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 115	Calories from Fat 36
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat .5g	3%
<i>Trans</i> Fat 1g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 126mg	5%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 1g	2%
Sugars 11g	
<b>Protein</b> 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%

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

**Ingredients:** Corn Syrup, Peanuts, Sugar, Partially Hydrogenated Palm Kernel Oil, Reduced Mineral Whey Powder, Cocoa Powder, Bicarbonate of Soda, Salt.

**Allergen Alert:** This product has been manufactured on equipment that processes peanuts and other tree nuts, and may contain peanuts, tree nuts, milk, wheat, egg and soybeans.

## Peanut Brittle

Nutrition Facts	
Serving Size 1.4oz (40g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 380mg	16%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber <1g	4%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
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.

**Ingredients:** Sugar, Peanuts, Corn Syrup, Butter (Cream, Salt), Sodium Bicarbonate, Salt.

**Allergen Alert:** This product has been manufactured on equipment that processes peanuts and other tree nuts, and may contain peanuts, tree nuts, milk, wheat, egg and soybeans.

## Peanut Butter Crumbles

Nutrition Facts	
Serving Size 1.4oz (40g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrate</b> 33g	11%
Dietary Fiber <1g	2%
Sugars 24g	
<b>Protein</b> 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

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

**Ingredients:** Sugar, Corn Syrup, Peanut Butter, Flour, Salt, and Sodium Bicarbonate.

**Allergen Alert:** This product has been manufactured on equipment that processes peanuts and other tree nuts, and may contain peanuts, tree nuts, milk, wheat, egg and soybeans.

## Peanut Squares

Nutrition Facts	
Serving Size 1.5oz (42.5g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 115mg	5%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 3g	0%
Sugars 15g	
<b>Protein</b> 7g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%

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

**Ingredients:** Corn Syrup, Sugar, Peanuts, Salt, and Baking Soda.

**Allergen Alert:** This product has been manufactured on equipment that processes peanuts and other tree nuts, and may contain peanuts, tree nuts, milk, wheat, egg and soybeans.

## Frosted (Yogurt) Raisins

Nutrition Facts	
Serving Size about 20 Pieces (30g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber 0g	0%
Sugars 25g	
<b>Protein</b> 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
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.

**Ingredients:** Yogurt Coating (Sugar, Palm Kernel Oil, Nonfat Dry Milk, Sweet Whey (Milk), Nonfat Yogurt Powder (Cultured Whey, Nonfat Milk), Titanium Dioxide (Color), Soy Lecithin, Lactic Acid, Natural Flavors), Raisins, Gum Arabic, Corn Syrup, Confectioner's Glaze.

**Allergen Alert:** Contains Milk, Soy. May also contain Peanut, Tree Nuts, Wheat.

## White Frosted Pecans

Nutrition Facts	
Serving Size about 8 Pieces (30g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 175	Calories from Fat 108
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 1mg	0%
<b>Sodium</b> 38mg	2%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 1g	2%
Sugars 14g	
<b>Protein</b> 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	5%
Iron	0%

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

**Ingredients:** White Coating (Sugar, Partially Hydrogenated Palm Kernel Oil, Nonfat Dry Milk Powder, Whole Milk Powder, Soy Lecithin (an emulsifier), Salt, Natural Flavor, Sorbitan Triesterate (an emulsifier), Artificial Flavor), Pecans, Gum Arabic, Corn Syrup, Sugar, and Certified confectioners Glaze.

**Allergen Alert:** Manufactured on shared equipment with peanut and other tree nut products. Incidental nuts may be present. Contains: Pecan, Milk, and Soy.

## Frosted (Yogurt) Cranberries

Nutrition Facts	
Serving Size about 27 Pieces (40g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 29g	10%
Dietary Fiber 1g	4%
Sugars 14g	
<b>Protein</b> 1g	
Vitamin A	0%
Vitamin C	2%
Calcium	4%
Iron	0%

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

**Ingredients:** Yogurt Coating (Sugar, Palm Kernel Oil, Nonfat Dry Milk, Sweet Whey (Milk), Nonfat Yogurt Powder (Cultured Whey, Nonfat Milk), Titanium Dioxide (Color), Soy Lecithin, Lactic Acid, Natural Flavors), Cranberries (Cranberries, Sugar, Sunflower Oil), Gum Arabic, Corn Syrup, Confectioner's Glaze.

**Allergen Alert:** Contains Milk, Soy. May also contain Peanut, Tree Nuts, Wheat.

## Chocolate Covered Almonds

Nutrition Facts	
Serving Size About 9 Pieces (40g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 130
% Daily Value*	
<b>Total Fat</b> 14g	22%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	0%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 2g	8%
Sugars 17g	
<b>Protein</b> 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	4%

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

**Ingredients:** Sugar, Almonds, Partially Hydrogenated Palm Kernel Oil, Milk Chocolate (Sugar, Cocoa Butter, Chocolate Liquor, Whole Milk Powder, Lactose, Soy Lecithin, Salt, Vanillin (An Artificial Flavor)), Cashews, Corn Oil, Gum Arabic, Corn Syrup, Confectioner's Glaze.

**Allergen Alert:** Contains Milk, Soy, Almonds. May also contain Peanut, Other Tree Nuts, Wheat.

## Milk Chocolate Covered Cashews

Nutrition Facts	
Serving Size About 8 Pieces (40g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 140
% Daily Value*	
<b>Total Fat</b> 15g	23%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 1g	4%
Sugars 15g	
<b>Protein</b> 3g	
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	4%

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

**Ingredients:** Milk Chocolate (Sugar, Cocoa Butter, Chocolate Liquor, Whole Milk Powder, Lactose, Soy Lecithin, Salt, Vanillin (An Artificial Flavor)), Cashews, Corn Oil, Gum Arabic, Corn Syrup, Confectioner's Glaze.

**Allergen Alert:** Contains Milk, Soy, Cashews. May also contain Peanut, Wheat, Other Tree Nuts.

## Dark Chocolate Covered Cashews

Nutrition Facts	
Serving Size about 6 Pieces (42.5g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 160
% Daily Value*	
<b>Total Fat</b> 18g	28%
Saturated Fat 8g	40%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 2g	8%
Sugars 9g	
<b>Protein</b> 4g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	15%

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

**Ingredients:** Dark Chocolate (Chocolate Liquor, Sugar, Cocoa Butter, Soy Lecithin, Vanilla), Cashews, Corn Oil, Gum Arabic, Corn Syrup, Confectioner's Glaze.

**Allergen Alert:** Contains Milk, Soy, Cashews. May also contain Other Tree Nuts, Peanut, Wheat.

## Chocolate Covered Peanuts

Nutrition Facts	
Serving Size about 10 Pieces (40g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 13g	20%
Saturated Fat 8g	40%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 1g	4%
Sugars 9g	
<b>Protein</b> 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	4%

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

**Ingredients:** Milk Chocolate (Sugar, Cocoa Butter, Chocolate Liquor, Whole Milk Powder, Lactose, Soy Lecithin, Salt, Vanillin (An Artificial Flavor)), Sugar, Peanuts, Partially Hydrogenated Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Corn Oil, Soy Lecithin, Vanillin (An Artificial Flavor).

**Allergen Alert:** Contains Milk, Peanut, Soy. May also contain Tree Nuts, Wheat.

## Dark Chocolate Covered Peanuts

Nutrition Facts	
Serving Size About 27 Pieces (40g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 160
% Daily Value*	
<b>Total Fat</b> 18g	28%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 3g	12%
Sugars 20g	
<b>Protein</b> 5g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	15%

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

**Ingredients:** Dark Chocolate (Chocolate Liquor, Sugar, Cocoa Butter, Soy Lecithin, Vanilla), Peanuts, Corn Oil, Gum Arabic, Corn Syrup, Confectioner's Glaze.

**Allergen Alert:** Contains Peanut, Soy. May also contain Tree Nuts, Wheat.

## Milk Chocolate Covered Pecans

Nutrition Facts	
Serving Size About 6 Pieces (40g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 150
% Daily Value*	
<b>Total Fat</b> 16g	25%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 1g	4%
Sugars 17g	
<b>Protein</b> 2g	
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	4%

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

**Ingredients:** Milk Chocolate (Sugar, Cocoa Butter, Chocolate Liquor, Whole Milk Powder, Lactose, Soy Lecithin, Salt, Vanillin (An Artificial Flavor)), Raisins, Gum Arabic, Corn Syrup, Confectioner's Glaze.

**Allergen Alert:** Contains Milk, Soy, Pecans. May also contain Peanut, Other Tree Nuts, Wheat.

## Milk Chocolate Covered Raisins

Nutrition Facts	
Serving Size about 37 Pieces (40g) Servings Per Container Varied	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 28g	9%
Dietary Fiber 1g	4%
Sugars 23g	
<b>Protein</b> 1g	
Vitamin A	2%</

