

Wendy's Snack Mix 4oz

Nutrition Facts

1 serving per container

Serving size (112g)

Amount Per Serving

Calories **580**

% Daily Value*

Total Fat 46g **59%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 31g **11%**

Dietary Fiber 8g **29%**

Total Sugars 17g

Includes 9g Added Sugars **18%**

Protein 19g

Vitamin D 0mcg 0%

Calcium 120mg 8%

Iron 4.5mg 25%

Potassium 580mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMONDS, PUMPKIN SEEDS, CRANBERRIES, WALNUTS

CONTAINS: ALMOND, WALNUT

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Wendy's Snack Mix 8oz

Nutrition Facts

1 serving per container

Serving size (225g)

Amount Per Serving

Calories **1160**

% Daily Value*

Total Fat 92g **118%**

Saturated Fat 11g **55%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 62g **23%**

Dietary Fiber 16g **57%**

Total Sugars 33g

Includes 18g Added Sugars **36%**

Protein 37g

Vitamin D 0mcg **0%**

Calcium 230mg **20%**

Iron 8.9mg **50%**

Potassium 1160mg **25%**

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