

INGREDIENTS: ALMONDS, CASHEWS, PECANS, HAZELNUTS, PISTACHIOS, VEGETABLE OIL (COTTONSEED, SUNFLOWER, PEANUT, AND/OR SOYBEAN OIL), AND SALT.
CONTAINS ALMOND, CASHEW, HAZELNUT, PECAN, AND PISTACHIO INGREDIENTS.
ALLERGY INFORMATION: MADE ON EQUIPMENT THAT MAKES PRODUCTS CONTAINING PEANUTS AND OTHER TREE NUTS.
MANUFACTURED FOR FRITO-LAY INC.
PLANO, TX 75024-4099
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Questions or Comments?

Call 1-800-447-7771 from 9am to 4:30pm CT
Weekdays or email or chat at frito@frito.com

CHOCOE WARNING: Do not give to children younger than 4 years old.

Ingredients derived from a bioengineered source.



NUT HARVEST
DELUXE
SALTED
MIXED NUTS



BEST BY

ENLARGED TO SHOW TEXTURE

5g PROTEIN PER SERVING*

390
CALORIES
PER PKG

* SEE NUTRITION INFORMATION FOR TOTAL FAT CONTENT.
**ALMONDS, CASHEWS, PECANS,
HAZELNUTS, PISTACHIOS**

NET WT. 2 1/4 OZ. (63.7 g)

Nutrition Facts

About 2.5 servings per container

Serving size
About 1/4 cup (28g)

Calories
170 per serving

Total Fat	16g	20%	36g	46%
Saturated Fat	2g	10%	4.5g	22%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	135mg	6%	300mg	13%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	40mg	2%	90mg	6%
Not a significant source of added sugars.				
*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.				

Per serving % DV*

Per package % DV*

Total Carb.	8g	2%	13g	5%
Dietary Fiber	2g	8%	5g	17%
Total Sugars	1g		3g	
Protein	5g	5%	11g	12%
Iron	1.2mg	6%	2.7mg	10%
Potassium	180mg	2%	400mg	8%

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