



308255S Cashew Nuts (Chefs Selections)



Pack Size: 1KG BAG

Details: Cashews are a creamy and nutty and are often added to Chinese and South East Asian dishes just before serving.

Cashew nuts are particularly good with chicken or prawn dishes and can be used in meat or vegetable stews or curries. Or throw them into rice dishes to add texture.

Allergen Information

Contains:

Nuts

Free from:

Cereal, Celery, Soya, Crustaceans, Eggs, Lupin, Milk, Molluscs, Mustard, Fish, Sesame, Sulphur Dioxide

May contain:

Peanuts

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Storage Instructions:

Store in a cool, dry place, free from the risk of contamination and ingress of moisture

Product Ingredients

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CASHEW NUTS (100%)

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

595 kcal / 2474 kJ

Fat:

43.9 g

of which saturates:

7.8 g

Carbohydrates:

30.2 g

of which sugars:

5.9 g

Fibre:

3.3 g

Protein:

18.2 g

Salt:

0.01 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging

or speak with our QA Department.