Co-Op Shopper

Feeding families and entrepreneurial spirits

Nutrition, Ingredients & Allergen Information

Kirkland Signature Variety Snacking Nuts | Costco Item #1658550
21 pouches: 7 Pistachios, 7 Cashews, 7 Mixed Nuts. Each 1.6 oz (45 g).
Distributed by Costco Wholesale Corporation; actual manufacturer not identified.

Nutrition Facts — per pouch (45 g)

Nutrient	Pistachios	Cashews	Mixed Nuts
Servings per variety	7	7	7
Calories	260	270	270
Total Fat	18 g / 23%	20 g / 26%	19 g / 24%
Saturated Fat	2 g / 10%	4 g / 20%	2.5 g / 13%
Trans Fat	0 g	0 g	0 g
Cholesterol	0 mg / 0%	0 mg / 0%	0 mg / 0%
Sodium	240 mg / 10%	15 mg / 1%	70 mg / 3%
Total Carbohydrate	13 g / 5%	14 g / 5%	16 g / 6%
Dietary Fiber	5 g / 18%	3 g / 11%	4 g / 14%
Total Sugars	4 g	3 g	2 g
Includes Added Sugars	0 g / 0%	0 g / 0%	0 g / 0%
Protein	12 g	9 g	8 g
Vitamin D	0 mcg / 0%	0 mcg / 0%	0 mcg / 0%
Calcium	40 mg / 4%	20 mg / 2%	50 mg / 4%
Iron	1.4 mg / 8%	2.9 mg / 15%	1.9 mg / 10%
Potassium	500 mg / 10%	300 mg / 6%	260 mg / 6%

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 & Contains statements

Pistachios: Pistachios, Salt. **Contains:** Pistachios.

Cashews: Cashews, Peanut Oil*, Salt. **Contains:** Cashews.

Mixed Nuts: Cashews, Almonds, Pecans, Macadamia Nuts, Peanut Oil*, Sea Salt. **Contains:** Cashews, Almonds, Pecans, Macadamia Nuts.

See page 2 for complete allergen warnings, manufacturer notices and important product disclaimers.

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Allergen information & manufacturer notices

Processed on equipment that also packages products that may contain peanuts, brazil nuts, hazelnuts, walnuts, chestnuts, pine nuts, milk, soy, wheat, sesame and egg.

*The highly refined peanut oil used in roasting of this product is not an allergen.

Consumers with food allergies and food sensitivities, please read the ingredient statement carefully.

MAY CONTAIN: SMALL SHELL PIECES.

Additional product information

All three varieties are roasted & salted. Inner packs made with a minimum 15% post-consumer recycled content.

Distributed by Costco Wholesale Corporation, 999 Lake Drive, Issaquah, WA 98027 USA. www.costco.com.

Product of Australia, Benin, Burkina Faso, Cambodia, Ghana, Guatemala, Guinea-Bissau, India, Indonesia, Ivory Coast, Kenya, Malawi, Mexico, Mozambique, Nigeria, South Africa, Tanzania, the USA, Togo, Vietnam.

Manufacturer storage and handling instructions and individual-pouch labeling are not verified from supplied photographs.

Important Product Information & Disclaimer

Product information, nutrition facts, ingredients, allergen statements, packaging descriptions and product images are based on available manufacturer information and may not reflect the most current or complete product details.

Always refer to the physical product packaging for accurate information, ingredient statements, allergen warnings, storage instructions and other manufacturer notices before use or consumption.

Individuals with food allergies, sensitivities or dietary restrictions should verify product information carefully.

For additional information or clarification, contact the independent grocery operator, retailer or product manufacturer.

Product images are provided for identification and illustrative purposes. Actual packaging, appearance, size and weight may vary.

This document is provided as supplemental product information and does not replace legally required physical product labeling or the independent operator's applicable food safety, labeling and regulatory responsibilities.