

Ingredients	Cost per lb	Serving Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
				(grams)	(grams)	(grams)	(milligrams)	(milligrams)	(grams)	(grams)	(grams)	(grams)	(IU)	(mg)	(mg)	(mg)
Honey Roasted Peanuts	\$ 1.95	100g	571	46	7	0	0	393	25	7	14	21	0	0	71	21
Dry Almonds	\$ 5.52	100g	604	54	4	0	0	0	18	11	4	21	0	0	286	5
Pistachios	\$ 12.64	100g	533	47	5	0	0	533	27	7	7	20	333	4	133	4
Sesame Stick	\$ 5.84	100g	571	39	5	0	0	1464	46	4	0	11	0	0	214	5
Dark Chocolate	\$ 2.75	100g	533	40	27	0	0	0	53	7	33	7	0	0	0	7
Pumpkin Seeds	\$ 5.84	100g	536	46	9	0	0	750	18	4	0	25	357	0	71	16
Apple Chips	\$ 6.50	100g	300	0	0	0	0	350	75	13	63	3	0	3	50	4
Dried Cranberries	\$ 3.57	100g	321	0	0	0	0	0	79	7	71	0	0	0	0	0
Banana Chips	\$ 3.57	100g	536	36	29	0	0	0	61	7	36	4	0	4	0	1
Dried Pineapple	\$ 6.50	100g	429	4	0	0	0	0	104	11	82	4	0	0	0	1
Flax Seeds	\$ 3.58	100g	548	35	3	0	0	32	32	26	0	19	0	0	194	1
M&Ms	\$ 2.00	100g	501	21	13	0	10	63	71	2	63	4	0	0	84	1
Green Peas	\$ 5.19	100g	400	10	3	0	0	433	60	17	0	23	0	0	67	6
Roasted Chickpeas	\$ 5.84	100g	400	5	0	0	0	967	70	20	3	17	0	0	133	6
Rice Crackers	\$ 3.90	100g	367	0	0	0	0	567	83	0	3	7	0	0	0	4
Roasted Edamame	\$ 5.84	100g	420	15	2	0	0	368	34	9	2	36	400	0	20	1

Package Options	Cost per item
Clear Zip Pouch	\$0.04
Smaller Metalized Zip Pouch	\$0.07
Larger Metalized Zip Pouch	\$0.11
Container	\$0.20
Label paper	\$0.01