

8th July 2025

Cashew Nuts

Cashew nuts are nutrient-dense and provide a variety of essential nutrients that support overall health. A one-ounce (28g) serving contains approximately 155 to 165 calories, about 5 grams of protein, and a healthy mix of monounsaturated and polyunsaturated fats, which are beneficial for heart healthy.

Items	Size	Retail Price
Sunshine Cashew Nuts	1oz	\$3.43
Sunshine Cashew Nuts	1.7oz	\$5.15
Sunshine Cashew Nuts	3.4oz	\$10.29
Planters Halves & Pieces Cashew Nuts	8oz	\$34.63
Planters Whole Cashew nuts	8.5oz	\$48.74