



# GO BONZO'S

**Product Information**  
 Go Bonzo's are a healthy, nutritious snack or topping to use in variety of recipes. Roasted to perfection then flavored to tantalize your taste buds: Chili Citrus, Spicy Nacho, It's Pizza, Cool Ranch, French Toast and Lightly Salted.

**Product Handling**  
 • Serve

**Features/Benefits**

- Gluten and nut free
- Each 0.75 oz. serving provides 1 meat/meat alternate & ¼ cup vegetable
- Each 1.5 oz. serving provides 2 meat/meat alternate & ½ cup vegetable
- All flavors available in all pack sizes

**Ideal Use**

- Snack or dessert
- Yogurt or salad topper



Good Source Product Type



**Product Description**  
 Lightly Salted • Spicy Nacho • It's Pizza  
 Cool Ranch • Chili Citrus  
*\*All flavors available in all pack sizes*

**Pack**  
 250/0.75 oz.  
 125/1.5 oz.  
 Bulk

**FBS**  
 1 M/MA, ¼ C Veg  
 2 M/MA, ½ C Veg

## Product Ingredients

**LIGHTLY SALTED:** Roasted Chickpeas, Olive Oil, Salt.

**COOL RANCH/CHILI CITRUS/SPICY NACHO/ IT'S PIZZA:** Roasted Chickpeas, Olive Oil, Spices, Salt.

## Allergens

None.

## Food Based Compliant

Each 0.75 oz. serving provides 1 meat/meat alternate & ¼ cup vegetable equivalent.

Each 1.5 oz. serving provides 2 meat/meat alternate & ½ cup vegetable equivalent.

### Cool Ranch 0.75 oz.

## Nutrition Facts

Serving Size: 0.75 oz. (21.26g)

Calories: 80

Calories from Fat: 15

Amount Per Serving	% Daily Value		% Daily Value
<b>Total Fat</b>	<b>2g</b>	<b>3%</b>	
Saturated Fat	0g	0%	
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>180mg</b>	<b>8%</b>	
<b>Total Carbohydrate</b>	<b>12g</b>	<b>4%</b>	
Dietary Fiber	3g	12%	
		<b>Sugars</b>	3g
		<b>Protein</b>	<b>4g</b>
		Vitamin A	---%
		Vitamin C	---%
		Calcium	2%
		Iron	6%
		Zinc	---

Percent daily values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\*\*The information on this panel is for general purposes only. Nutrition information is based on current data. The possibility exists that manufacturers may change their formulation without Good Source's knowledge.

### Chili Citrus 0.75 oz.

## Nutrition Facts

Serving Size: 0.75 oz. (21.26g)

Calories: 80

Calories from Fat: 15

Amount Per Serving	% Daily Value		% Daily Value
<b>Total Fat</b>	<b>2g</b>	<b>3%</b>	
Saturated Fat	0g	0%	
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>230mg</b>	<b>10%</b>	
<b>Total Carbohydrate</b>	<b>12g</b>	<b>4%</b>	
Dietary Fiber	3g	12%	
		<b>Sugars</b>	2g
		<b>Protein</b>	<b>4g</b>
		Vitamin A	6%
		Vitamin C	---%
		Calcium	2%
		Iron	8%
		Zinc	---

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### It's Pizza 0.75 oz.

## Nutrition Facts

Serving Size: 0.75 oz. (21.26g)

Calories: 80

Calories from Fat: 15

Amount Per Serving	% Daily Value		% Daily Value
<b>Total Fat</b>	<b>2g</b>	<b>3%</b>	
Saturated Fat	0g	0%	
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>110mg</b>	<b>5%</b>	
<b>Total Carbohydrate</b>	<b>12g</b>	<b>4%</b>	
Dietary Fiber	3g	12%	
		<b>Sugars</b>	3g
		<b>Protein</b>	<b>4g</b>
		Vitamin A	---%
		Vitamin C	---%
		Calcium	2%
		Iron	6%
		Zinc	---

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## Product Description

Lightly Salted • Spicy Nacho • It's Pizza  
Cool Ranch • Chili Citrus

\*All flavors available in all pack sizes

### Cool Ranch 1.5 oz.

## Nutrition Facts

Serving Size: 1.5 oz. (42.52g)

Calories: 160

Calories from Fat: 30

Amount Per Serving	% Daily Value		% Daily Value
<b>Total Fat</b>	<b>4g</b>	<b>6%</b>	
Saturated Fat	0g	0%	
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>360mg</b>	<b>15%</b>	
<b>Total Carbohydrate</b>	<b>24g</b>	<b>8%</b>	
Dietary Fiber	6g	24%	
		<b>Sugars</b>	6g
		<b>Protein</b>	<b>8g</b>
		Vitamin A	---%
		Vitamin C	---%
		Calcium	2%
		Iron	6%
		Zinc	---

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### Chili Citrus 1.5 oz.

## Nutrition Facts

Serving Size: 1.5 oz. (42.52g)

Calories: 160

Calories from Fat: 30

Amount Per Serving	% Daily Value		% Daily Value
<b>Total Fat</b>	<b>4g</b>	<b>6%</b>	
Saturated Fat	0g	0%	
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>220mg</b>	<b>9%</b>	
<b>Total Carbohydrate</b>	<b>24g</b>	<b>8%</b>	
Dietary Fiber	8g	32%	
		<b>Sugars</b>	4g
		<b>Protein</b>	<b>8g</b>
		Vitamin A	---%
		Vitamin C	---%
		Calcium	2%
		Iron	6%
		Zinc	---

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### It's Pizza 1.5 oz.

## Nutrition Facts

Serving Size: 1.5 oz. (42.52g)

Calories: 160

Calories from Fat: 30

Amount Per Serving	% Daily Value		% Daily Value
<b>Total Fat</b>	<b>4g</b>	<b>6%</b>	
Saturated Fat	0g	0%	
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>220mg</b>	<b>9%</b>	
<b>Total Carbohydrate</b>	<b>24g</b>	<b>8%</b>	
Dietary Fiber	6g	24%	
		<b>Sugars</b>	4g
		<b>Protein</b>	<b>8g</b>
		Vitamin A	---%
		Vitamin C	---%
		Calcium	2%
		Iron	6%
		Zinc	---

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## Pack

250/0.75 oz.

125/1.5 oz.

Bulk

## FBS

1 M/MA, ¼ C Veg

2 M/MA, ½ C Veg