

Filberts-Blanched

Nutrition Facts

Serving Size: 100g

Serving per Container: n/a

Amount per Serving

Calories 629 Calories from Fat: 549

% Daily Value *

| | | |
|---------------------|------|------|
| Total Fat | 61 g | 94 % |
| Saturated Fat | 5 g | 25 % |
| Trans Fat | 0 g | |
| Cholesterol | 0 mg | 0 % |
| Sodium | 0 mg | 0 % |
| Total Carbohydrates | 17 g | 6 % |
| Dietary Fiber | 11 g | 44 % |
| Sugars | 3 g | |
| Protein | 14 g | |

Vitamin A 1% Vitamin C 3 %
Calcium 15% Iron 18 %

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

| | Calories: | 2,000 | 2,500 |
|---------------------|-----------|----------|----------|
| Total Fat | Less than | 65 g | 80 g |
| Sat Fat | Less than | 20 g | 25 g |
| Cholesterol | Less than | 300 mg | 300 mg |
| Sodium | Less than | 2,400 mg | 2,400 mg |
| Total Carbohydrates | | 300 g | 375 g |
| Dietary Fiber | | 25 g | 30 g |

Calories per gram

Fat 9 Carbohydrates 4 Protein 4

Ingredients

Filberts

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.