

# Filberts

## Nutrition Facts

Serving Size: 1 cup (135g)

Serving per Container: n/a

### Amount per Serving

Calories 848      Calories from Fat: 686

### % Daily Value \*

Total Fat	82 g	126 %
Saturated Fat	6 g	30 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Total Carbohydrates	23 g	8 %
Dietary Fiber	13 g	52 %
Sugars	6 g	
Protein	20 g	

Vitamin A 1%      Vitamin C 14 %  
Calcium 15%      Iron 35 %

\* 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