

# Macadamia-Raw

<b>Nutrition Facts</b>			
Serving Size:		100g	
Serving per Container:			
<b>Amount per Serving</b>			
Calories	730	Calories from Fat:	671
% Daily Value *			
Total Fat	75 gm		115 %
Saturated Fat	13 gm		65 %
<i>Trans</i> Fat	0 gm		
Cholesterol	0 mg		0 %
Sodium	6 mg		0 %
Total Carbohydrates	14 gm		5 %
Dietary Fiber	9 gm		36 %
Sugars	5 gm		
Protein	9 gm		
Vitamin A	0%	Vitamin C	0 %
Calcium	5%	Iron	11 %
* 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
<b>Calories per gram</b>			
	Fat	9	Carbohydrates 4 Protein 4

Ingredients: Macadamias

\*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.