

Pinenuts-Dry Roasted

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories 673 Calories from Fat: 572

% Daily Value *

Total Fat 68 g 105 %

Saturated Fat 5 g 24 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 2 mg 0 %

Total Carbohydrates 13 g 4 %

Dietary Fiber 4 g 12 %

Sugars 4 g

Protein 14 g

Vitamin A 1% Vitamin C 1 %

Calcium 2% Iron 31 %

* 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: Pine nuts

*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.