Walnuts-Organic

Calories 185 Calories from Fat: 16 "Daily Value" "Total Fat 19 g 28 % Saturated Fat 19 g 28 % Saturated Fat 2 g 9 % Trans Fat 0 g Cholesterol 0 mg 0 % Sodium 1 mg 0 % % Total Carbohydrates 4 g 5 % % Dietary Fiber 2 g 8 % % Sugars 1 g Protein 3 g Vitamin A 0% Vitamin C 1 % Calcium 3% Iron 4 % * 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 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg	Serving Size: Serving per Container	1oz (28g)				
Total Fat	Amount per Serving					
Total Fat	Calories	185	Calories fro	om F	at:	167
Saturated Fat 2 g 9 % Trans Fat 0 g 0 % Cholesterol 0 mg 0 % Sodium 1 mg 0 % Total Carbohydrates 4 g 5 % Dietary Fiber 2 g 8 % Sugars 1 g Protein 3 g Vitamin A 0% Vitamin C 1 % Calcium 3% Iron 4 % * 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 9 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			% [Daily	Value *	
Saturated Fat 2 g 9 % Trans Fat 0 g Cholesterol 0 mg 0 % Sodium 1 mg 0 % Total Carbohydrates 4 g 5 % Dietary Fiber 2 g 8 % Sugars 1 g 9 Protein 3 g Iron 4 % Vitamin A 0% Vitamin C 1 % Calcium 3% Iron 4 % * 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 S Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Total Fat	. 19	g		28	%
Trans Fat 0 g Cholesterol 0 mg 0 % Sodium 1 mg 0 % Total Carbohydrates 4 g 5 % Dietary Fiber 2 g 8 % Sugars 1 g Protein Vitamin C 1 % Vitamin A 0% Vitamin C 1 % Vitamin C 4 % Vitamin C 1 % Vitamin C <td>Saturated Fat</td> <td></td> <td></td> <td></td> <td>9</td> <td>%</td>	Saturated Fat				9	%
Sodium	Trans Fat					
Total Carbohydrates 4 g 5 % Dietary Fiber 2 g 8 % Sugars 1 g Protein 3 g Vitamin A 0% Vitamin C 1 % Calcium 3% Iron 4 % * 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 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Cholesterol	0	mg		0	%
Dietary Fiber 2 g 8 % Sugars 1 g Protein 3 g Vitamin A 0% Vitamin C 1 % Calcium 3% Iron 4 % * 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 S Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg 300 mg 2,400 mg 2,400 mg 2,400 mg 2,400 mg 2,400 mg 2,400 mg 375 g Total Carbohydrates 300 g 375 g Total Carbohydrates Total Carbohydrates Total Carbohydrates Total Carbohydrates Total Carbohydrates Total Carbohydrates <td>Sodium</td> <td>1</td> <td>mg</td> <td></td> <td></td> <td>100</td>	Sodium	1	mg			100
Sugars 1 g Protein 3 g Vitamin A 0% Vitamin C 1 % Calcium 3% Iron 4 % * 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 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg 300 mg 2,400 mg 2,300 mg 375 g 300 mg 300 mg 375 g 300 mg 300 mg 375 g 300 mg 3	Total Carbohydrates					
Vitamin A 0% Vitamin C 1 % Calcium 3% Iron 4 % * 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	2	g		8	%
Vitamin A 0% Vitamin C 1 % Calcium 3% Iron 4 % * 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	Sugars					
Calcium 3% Iron 4 % * 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	Protein	3	g			
* 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	Vitamin A	0%	Vitam	in C	1	%
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	Calcium			.,		%
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		be higher or	lower deper		g on	
Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Total Fat	Less than	65	g	80	g
Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Sat Fat	Less than		-	25	g
Total Carbohydrates 300 g 375 g	Cholesterol	Less than	300	mg	300	mg
	Sodium	Less than		mg		
Dietary Fiber 25 g 30 g	Total Carbohydrates			g		•
	rotal ourbonjaratoo		25	g	30	g

Ingredients:

Organic Walnuts

^{*}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.