

Filberts

Serving Size

Amount Per Serving

Calories 850

	% Daily Value *
Total Fat 82 g	105%
Saturated Fat 6 g	30%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 23 g	8%
Dietary Fiber 13 g	47%
Total Sugars 6 g	
Includes 0 g Added Sugars	0%
Protein 20 g	
Vitamin D 0 mcg	0%
Calcium 154 mg	10%
Iron 6 mg	35%
Potassium 920 mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:

Ingredients: