

Pine Nuts
Serving Size

Amount Per Serving
Calories **910**

	% Daily Value *
Total Fat 92 g	118%
Saturated Fat 7 g	33%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 18 g	6%
Dietary Fiber 5 g	18%
Total Sugars 5 g	
Includes 0 g Added Sugars	0%
Protein 18 g	
Vitamin D 0 mcg	0%
Calcium 22 mg	2%
Iron 7 mg	40%
Potassium 810 mg	15%

*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: