

Walnuts

Serving Size

Amount Per Serving

Calories 650

	% Daily Value *
Total Fat 65 g	84%
Saturated Fat 6 g	31%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 14 g	5%
Dietary Fiber 7 g	24%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
Protein 15 g	
Vitamin D 0 mcg	0%
Calcium 98 mg	8%
Iron 3 mg	15%
Potassium 440 mg	10%

*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: