

Walnuts

Serving Size

1/2 cup, sliced 37 g

Amount Per Serving

**Calories** 650

	% Daily Value *
<b>Total Fat</b> 65 g	<b>84%</b>
Saturated Fat 6 g	31%
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 14 g	<b>5%</b>
Dietary Fiber 7 g	24%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 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:**