

00277

**Filbert, Raw Blanched XLG Whole 13/15 mm**

Ingredients: Filberts

Contains: Tree Nuts

Product information & ingredients may change without notice. Please see package or contact us for updates. Last Changed: 4/12/12

**Country of Origin:** Turkey

<b>Nutrition Facts</b>			
<b>Serving Size</b>		1/4 cup	
<b>Servings per Container</b>			
<b>Amount Per Serving</b>			
<b>Calories</b>		200	
<b>Calories from Fat</b>		160	
<b>% Daily Value*</b>			
<b>Total Fat</b>	18g	27	%
<b>Saturated Fat</b>	1g	6	%
<b>Trans Fat</b>			%
<b>Cholesterol</b>	0mg	0	%
<b>Sodium</b>	0mg	0	%
<b>Total Carbohydrates</b>	6g	2	%
<b>Dietary Fiber</b>	4g	16	%
<b>Sugars</b>	1g		
<b>Protein</b>	4g		
<b>Vitamin A</b>	0 %	<b>Vitamin C</b>	0 %
<b>Calcium</b>	4 %	<b>Iron</b>	6 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Calories: 2,000 2,500			
Total fat less then	65g	80g	
Sat Fat less then	20g	25g	
Cholesterol less then	300mg	300m	
Sodium less then	2400mg	2400m	
Total Carbohydrates	300g	375g	
Dietary Fiber	25g	30	
<b>Calories per Gram</b>			
Fat	9	Carbohydrate	4 Protein 4