

RAW HAZELNUTS (FILBERTS)

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container 16	
Amount Per Serving	
Calories 180	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26 %
Saturated Fat 1.5g	6 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 5g	2 %
Dietary Fiber 3g	11 %
Sugars 1g	
Protein 4g	
Vitamin A 0%	• Vitamin C 2%
Calcium 4%	• Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: HAZELNUTS (FILBERTS).

ALLERGY INFORMATION: CONTAINS HAZELNUTS (FILBERTS).

MADE IN A FACILITY THAT USES MILK, EGG, SOY, WHEAT, PEANUTS, TREE NUTS, SULFITES, AND SESAME PRODUCTS.