

263602

Nutrition Facts	
Serving Size: 1 oz (6-8 kernels) (28 grams)	
Amount Per Serving	
Calories: 183	
% Daily Value*	
Total Fat 19g	28%
Saturated Fat 4g	21%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 3g	1%
Dietary Fiber 2g	~
Sugars 1g	~
Protein 4g	8%
Vitamin A 0%	Vitamin C 0%
Iron 3%	Calcium 4%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs	

Nutrient Information

Vitamins		%DV
Vitamin A	0 IU	0%
Retinol	0 mcg	
Retinal Activity Equivalent	0 mcg	
Alpha Carotene	0 mcg	
Beta Carotene	0 mcg	
Beta Cryptoxanthin	0 mcg	
Lycopene	0 mcg	

Lutein + Zeaxanthin	0 mcg	
Vitamin C	0.196 mg	0%
Vitamin E	1.6044 mg	5%
Vitamin K	0 mcg	0%
Thiamin	0.17276 mg	11%
Riboflavin	0.0098 mg	0%
Niacin	0.0826 mg	0%
Vitamin B6	0.02828 mg	1%
Vitamin B12	0 mcg	0%
Folate	6.16 mcg	1%
Food Folate	6.16 5.6 mcg	~
Folic Acid	0 mcg	~
Dietary Folate Equivalents	6.16 mcg	~
Pantothenic Acid	0.05152 mcg	0%
Minerals		%DV
Calcium	44.8 mg	4%
Iron	0.6804 mg	3%
Magnesium	105.28 mg	26%
Phosphorus	203 mg	20%
Potassium	184.52 mg	7%
Sodium	0.84 mg	0%
Zinc	1.1368 mg	7%
Copper	0.48804 mg	24%
Manganese	0.34244 mg	17%
Selenium	536.76 mcg	766%
Fats		%DV
Total Fat	18.6004 mg	28%
Saturated Fat	4.23836 mg	21%
Monounsaturated Fat	6.87344 mg	~
Polyunsaturated Fat	5.76156 mg	~

Previous Entry: [Nuts, beechnuts, dried](#)