

00534

Walnuts, English Toppings Light Calif.

Ingredients: English Walnuts

*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: USA

Nutrition Facts			
Serving Size		1/4 cup	
Servings per Container			
Amount Per Serving			
Calories		210	
Calories from Fat		180	
% Daily Value*			
Total Fat	20g	31	%
Saturated Fat	1.5g	8	%
Trans Fat			%
Cholesterol	0mg	0	%
Sodium	0mg	0	%
Total Carbohydrates	3g	1	%
Dietary Fiber	3g	14	%
Sugars	0g		
potassium	135mg	4	%
Protein 5g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	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	
Calories per Gram			
Fat	9	Carbohydrate	4 Protein 4