



CIRAV GIDA
SANAYİ DIŞ TİC. LTD. ŞTİ.

CIRAV GIDA SAN. DIŞ TİC. LTD. ŞTİ.

Shelled, unshelled & processed hazelnuts; blanched, roasted, diced, meal, powder, paste
Arsin Organize Sanayi Bölgesi, Arsin 61900 Trabzon/TÜRKİYE Arsin M.M. 211 021 3891
Tel.: 00.90.462.711 12 05 - 711 20 46 Fax: 00.90.462.711 20 47

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NUTRITIONAL VALUES OF HAZELNUT

(/100 g.)

Total Lipid(fat).....	62.7 g
Carbohydrate.....	11.6 g
Protein.....	16.2 g
Humidity.....	4.6 g
Cellulose.....	2.7 g
Ash.....	2.2 g
Vitamin B1.....	0.33 mg
Vitamin B2.....	0.12 mg
Vitamin B6.....	0.24 mg
Vitamin E.....	31.4 mg
Niasin.....	1.75 mg
Vitamin A.....	0.01 mg
Vitamin C.....	0.01 mg
Iron,Fe.....	5.8 mg
Potassium,K.....	655.3 mg
Copper,Cu.....	1.3 mg
Calcium,Ca.....	160 mg
Sodium,Na.....	2.1 mg
Manganese,Mn.....	5.1 mg
Zinc,Zn.....	2.2 mg
Magnesium,Mg.....	16.2 mg
Phosphorus,P.....	59.7 mg