

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

Nutrition Facts			
Serving Size		1/4 cup	
Servings per Container			
Amount Per Serving			
Calories		200	
Calories from Fat		160	
% Daily Value*			
Total Fat	18g	27 %	
Saturated Fat	1g	6 %	
Trans Fat			%
Cholesterol	0mg	0 %	
Sodium	0mg	0 %	
Total Carbohydrates	6g	2 %	
Dietary Fiber	4g	16 %	
Sugars	1g		
Protein	4g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	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