



Pine Nuts

Nutrition Facts

Serving Size: 1/4 cup

Servings per Container: N/A

Amount per Serving

Calories 190 **Calories From Fat** 140

*% Daily Value**

Total Fat 15g 24%

Saturated Fat 4g 18%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 4g 14%

Sugars 1g

Protein 4g

Vitamin A 0% * Vitamin C 2%

Calcium 0% * 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 than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400 mg
Total Carb.	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

Ingredients: Chinese Pine Nuts