

The Hillson Nut Company

~ Nuts of Quality ~

3225 West 71 Street Cleveland, Ohio 44102
216-961-4477, 800-333-2818, fax 216-961-4480

Nutritional Information Sheet: based on a 100 gram sample

Product: English Walnuts

Total Calories: 642

Total Fat: 61.87 grams

Calories from Fat: 517.8519 kcal per 100 grams

Saturated Fat: 5.586 grams

Trans Fat: 0

Cholesterol: 0 Milligrams

Sodium: 0 Milligrams

Total Carbohydrates: 18.34 grams

Dietary Fiber: 4.60 grams

Sugars: 0 grams

Protein: 14.29 grams

Vitamin A: 12 RE
124 IU/grams

Vitamin C: 0 milligrams

Calcium: 94 milligrams

Iron: 2.44 milligrams

These values are approximate and derived by calculations based on available reference data. They should not be construed as final figures for your product. In nutritional labeling, analysis of the final product is required by the Code of Federal Regulations, Title 21, Section 101.9