

# Hazelnut

## Nutrition Facts

Servings per container

**Serving size** 1 oz(28g)

**Amount per serving**

**Calories** 181

**% Daily Value \***

**Total Fat 17.5g** 25%

Saturated Fat 1.3g 6%

Trans Fat 0g

Monounsaturated Fat 13g

Polyunsaturated Fat 2.4g

**Cholesterol 0mg** 0%

**Sodium 0mg** 0%

**Total Carbohydrate 4.9g** 2%

Dietary Fiber 2.6g 12%

Total Sugar 1.4g

Includes 0g Added Sugars 0%

Protein 4.2g

Vitamin D 0mcg 0%

Calcium 34.4mg 4%

Iron 1.2mg 8%

Potassium 211mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Hazelnut