

Walnuts Halves and Pieces

Item Number: 79163, 600204

Ingredients: Walnuts

| Nutrition Facts | |
|--|----------------|
| Serving Size ¼ cup (30g) | |
| Servings Per Container varies | |
| Amount Per Serving | |
| Calories 200 Calories from Fat 180 | |
| % Daily Value* | |
| Total Fat 20g | 31% |
| Saturated Fat 1.5g | 10% |
| <i>Trans Fat 0g</i> | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Potassium 135mg | 4% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 2g | 8% |
| Sugars 1g | |
| Protein 5g | |
| Vitamin A 0% | ● Vitamin C 0% |
| Calcium 4% | ● Iron 4% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: