

# Raw Almonds

## Nutrition Facts

Serving size 1 oz (30g)

Amount Per Serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 1.44mg	8%
Potassium 0mg	0%

\*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.

# Raw Brazil Nuts

## Nutrition Facts

Serving size 1 oz (30g)

Amount Per Serving  
**Calories 200**

	% Daily Value*
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.08mg	6%
Potassium 0mg	0%

\*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.

# Roasted Cashews

## Nutrition Facts

Serving size 1 oz (30g)

Amount Per Serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.8mg	10%
Potassium 0mg	0%

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# Roasted Chestnuts

## Nutrition Facts

Serving Size 1 oz(28g)

Amount per Serving  
**Calories 37**

	% Daily Value *
<b>Total Fat</b> .3g	<b>&lt;1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> .3mg	<b>0%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber .3g	<b>2%</b>
Total Sugars 7.7g	
<b>Protein</b> .8g	
Vitamin A 0%    Vitamin C 9%	
Calcium 1%    Iron 1%	

\* Percent Daily Values are based on a 2,000 calorie diet.

# Roasted Hazelnuts

<b>Nutrition Facts</b>	
<b>Serving size</b>	1/4 cup (30g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 14g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vit. D 0mcg 0% • Calcium 34mg 2%	
Iron 1mg 6% • Potassium 204mg 4%	

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# Macadamia Nuts

<b>Nutrition Facts</b>	
<b>Serving size</b>	1/4 cup (30g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 18g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 25mg 2%	
Iron 1mg 6% • Potassium 110mg 2%	

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# Roasted Peanuts

<b>Nutrition Facts</b>	
<b>Serving size</b>	1 oz (28g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 0mg	0%

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# Raw Pecans

<b>Nutrition Facts</b>	
<b>Serving size</b>	1 oz (28g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium 0mg	0%

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# Pine Nuts

## Nutrition Facts

Serving size 1 oz (28g)

Amount Per Serving  
**Calories 160**

% Daily Value\*

<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 26mg	<b>2%</b>
Iron 0.36mg	<b>2%</b>
Potassium 0mg	<b>0%</b>

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# Pistachios

## Nutrition Facts

Serving size 1/4 cup (30g)

Amount per serving  
**Calories 190**

% Daily Value\*

<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 14g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vit. D 0mcg 0% • Calcium 34mg 2%	
Iron 1mg 6% • Potassium 204mg 4%	

\*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.

# Walnuts

## Nutrition Facts

Serving size 1/4 cup (30g)

Amount per serving  
**Calories 220**

% Daily Value\*

<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 18g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 25mg 2%	
Iron 1mg 6% • Potassium 110mg 2%	

\*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.