

**Wricley Nut Products Co.**  
**Filberts Shelled (Raw)**

<b>NUTRITION FACTS</b>			
Serving Size: ¼ cup			
Servings per Container: Varied			
Amount per Serving			
<b>Calories</b>	200	<b>Calories from Fat</b>	160
<b>% Daily Value*</b>			
<b>Total Fat</b>	18g		27%
Saturated Fat	1g		6%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	0mg		0%
<b>Total Carbohydrate</b>	8g		2%
Dietary Fiber	4g		16%
Sugars	1g		
<b>Protein</b>	4g		
Vitamin A 0% * Vitamin C 0%			
Calcium 4% * 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 * Carbohydrate 4 * Protein 4			

Ingredients: Raw filberts