



Finest Quality NUT MEATS, SNACKS & FOODS

JOHN B. SANFILIPPO & SON, INC.

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WALNUTS DATABASE TRANS FAT 10/05

Total Weight: 100.00 g (3.53 oz-wt.)

Serving Size: 28.00 g (0.99 oz-wt.)

Nutrient	Amount Per 100g	Amount Per Serving
Basic Components		
Calories	654.00	183.12
Calories from Fat	578.57	162.00
Protein	15.23 g	4.26 g
Carbohydrates	13.71 g	3.84 g
Dietary Fiber	6.70 g	1.88 g
Sugar - Total	2.61 g	0.73 g
Fat - Total	65.21 g	18.26 g
Saturated Fat	6.13 g	1.72 g
Mono Fat	8.93 g	2.50 g
Poly Fat	47.17 g	13.21 g
Trans Fatty Acids	0 g	0 g
Cholesterol	0 mg	0 mg
Water	4.07 g	1.14 g
Ash	1.78 g	0.50 g
Vitamins		
Vitamin A IU	20.00 IU	5.60 IU
Vitamin C	1.30 mg	0.36 mg
Minerals		
Calcium	98.00 mg	27.44 mg
Iron	2.91 mg	0.81 mg
Sodium	2.00 mg	0.56 mg

INGREDIENTS: WALNUTS.

ALLERGEN INFORMATION: MAY CONTAIN PEANUTS AND/OR OTHER TREE NUTS.