

## Wricley Nut Products Co. Brazil Nuts Shelled (Raw)

<b>NUTRITION FACTS</b>			
Serving Size: About 6 Pieces			
Servings per Container:			
Amount per Serving			
<b>Calories</b> 210		<b>Calories from Fat</b> 180	
			<b>% Daily Value*</b>
<b>Total Fat</b>	21g		32%
Saturated Fat	2.5g		13%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	0mg		0%
<b>Total Carbohydrate</b>	3g		1%
Dietary Fiber	2g		8%
Sugars	1g		
<b>Protein</b>	4g		
Vitamin A 0% *		Vitamin C 0%	
Calcium 6% *		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: Brazil Nuts.**