

HAZELNUT NUTRITION FACTS

SERVING SIZE
1 OZ.(28.35G) APPROX 21 KERNELS

Amount Per Serving

Calories 180 Calories from Fat 153

%Daily Value*

Total Fat	17g		
Saturated Fat	1.5g		
Polyunsaturated Fat	2g		
Monounsaturated Fat	13g		
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Potassium	193mg	6%	
Total Carbohydrate	5g		
Dietary Fiber	3g		
Protein	3g		
Vitamin A	0%	Vitamin C	2%
Calcium	4%	Iron	8%
Vitamin E	20%	Thiamin	10%
Vitamin B ₆	8%	Folate	8%
Phosphorus	8%	Magnesium	10%
Zinc	4%	Selenium	0%
Copper	25%	Manganese	90%

*Percent Daily Values are based on a 2,000 calorie diet. Daily Values may be higher or lower depending on your calorie needs. Data from the USDA National Nutrient Database for Standard Reference Release 22 (2009).

****Hazelnuts are unsalted and unroasted.**