Brazil Nuts

Nutrition Facts

Serving Size 1 oz 6 kernels 28g (28 g)
Servings per container 16

Amount Per Serving

Calories 185	Calories from Fat 157
	% Daily Value*
Total Fat 19g	29%
Saturated Fat 4g	21%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	

Vitamin A	0%	• Vitamin C	0%
Calcium	5%	• Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

For more info → www.NutritionData.com