

# INGREDIENTS: Kashmiri Walnut Kernels

Nutritional Information\* for Per Serving - 100g

<b>*NUTRITIONAL INFORMATION</b>	<b>Per (100 g)</b>	<b>**% Daily Values</b>
<b>Energy (kcal)</b>	<b>709.7</b>	<b>35%</b>
<b>Total Fat (g)</b>	<b>66.1</b>	<b>99%</b>
Saturated Fat (g)	14.46	66%
Trans Fat (g)	0.0	0%
Cholesterol (mg)	0.0	
<b>Sodium (mg)</b>	<b>11.35</b>	<b>1%</b>
<b>Total Carbohydrates (g)</b>	<b>13.25</b>	
Dietary Fibre (g)	6.44	
Total Sugar (g)	3.17	6%
Iron	4.1	
<b>Protein (g)</b>	<b>15.45</b>	

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