



Hazelnuts/Filberts

Sizes

Hazelnuts/Filberts Nutritional Content (in 100 grams)

Calories	628.0
Protein	14.95g
Carbohydrates	16.7g
Sugars	4.34g
Dietary Fiber	9.7g
Fat – Total	60.75g
Saturated Fat	4.46g
Trans Fat	0.0g
Cholesterol	0.0mg
Vitamin A IU	20.0IU
Vitamin C	6.30mg
Calcium	114.0mg
Iron	4.70mg
Sodium	0.0mg

WHOLE NATURAL



RAW 54015

MANUFACTURED WHOLE BLANCHED



D/R 04551

LARGE DICED



RAW 54207

MEDIUM DICED



RAW 54201
R/NS 83194

SMALL DICED



RAW 54209

NATURAL MEAL



RAW 73103
R/NS 83198

BLANCHED GRANULATED



RAW 54065-G