

Raw Filberts

NUTRIENT	AMOUNT PER 100g
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Basic Components

Calories	628.00
Calories from Fat	546.43
Protein	14.95 g
Carbohydrates	16.70 g
Dietary Fiber	9.70 g
Sugar – Total	4.34 g
Fat – Total	60.75 g
Saturated Fat	4.46 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	5.31 g
Ash	2.29 g

Vitamins

Vitamin A IU	20.00 IU
Vitamin C	6.30 mg

Minerals

Calcium	114.00 mg
Iron	4.70 mg
Sodium	0 mg