

Raw Macadamia Nuts

NUTRIENT	AMOUNT PER 100g
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Basic Components

Calories	718.00
Calories from Fat	675.00
Protein	7.91 g
Carbohydrates	13.82 g
Dietary Fiber	8.60 g
Sugar – Total	4.57 g
Fat – Total	75.77 g
Saturated Fat	12.06 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	1.36 g
Ash	1.14 g

Vitamins

Vitamin A IU	0 IU
Vitamin C	1.20 mg

Minerals

Calcium	85.00 mg
Iron	3.69 mg
Sodium	5.00 mg