

# Raw Pine Nuts

| <b>NUTRIENT</b> | <b>AMOUNT<br/>PER 100g</b> |
|-----------------|----------------------------|
|-----------------|----------------------------|

## **Basic Components**

|                   |         |
|-------------------|---------|
| Calories          | 673.00  |
| Calories from Fat | 610.71  |
| Protein           | 13.69 g |
| Carbohydrates     | 13.08 g |
| Dietary Fiber     | 3.70 g  |
| Sugar – Total     | 3.59 g  |
| Fat – Total       | 68.37 g |
| Saturated Fat     | 4.90 g  |
| Trans Fatty Acids | 0 g     |
| Cholesterol       | 0 mg    |
| Water             | 2.28 g  |
| Ash               | 2.59 g  |

## **Vitamins**

|              |          |
|--------------|----------|
| Vitamin A IU | 29.00 IU |
| Vitamin C    | 0.80 mg  |

## **Minerals**

|         |          |
|---------|----------|
| Calcium | 16.00 mg |
| Iron    | 5.53 mg  |
| Sodium  | 2.00 mg  |