

# Raw Walnuts

<b>NUTRIENT</b>	<b>AMOUNT PER 100g</b>
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## **Basic Components**

Calories	654.00
Calories from Fat	578.57
Protein	15.23 g
Carbohydrates	13.71 g
Dietary Fiber	6.70 g
Sugar – Total	2.61 g
Fat – Total	65.21 g
Saturated Fat	6.13 g
Mono Fat	8.93 g
Poly Fat	47.17 g
Trans Fatty Acids	<0.07 g
Cholesterol	0 mg
Water	4.07 g
Ash	1.78 g

## **Vitamins**

Vitamin A IU	20.00 IU
Vitamin C	1.30 mg

## **Minerals**

Calcium	98.00 mg
Iron	2.91 mg
Sodium	2.00 mg