

2 oz (56g)
Chopped
Hazelnuts

Nutrition Facts	
Serving Size 1 oz. (28g/about 1/4 cup)	
Servings Per Container 2	
Amount Per Serving	
Calories 180 Calories from Fat 150	
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A 0% • Vitamin C 2%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: FILBERTS (HAZELNUTS).

ALLERGEN INFORMATION: MAY CONTAIN PEANUTS AND/OR OTHER TREE NUTS.

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CONTAINS FILBERTS FROM TURKEY.