

2 oz (56g)
Pine Nuts

Nutrition Facts	
Serving Size 1 oz. (28g/about 1/4 cup)	
Servings Per Container 2	
Amount Per Serving	
Calories 190 Calories from Fat 170	
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • 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: PINE NUTS.

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

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CONTAINS PINE NUTS FROM CHINA.