

California Walnuts, raw

(English walnuts)

Nutrition Facts			
Serving Size ¼ cup shelled halves or pieces (30g)			
Calories 185			
Calories from Fat 162			
Amount Per Serving		% Daily Value	
Total Fat 18g		28%	
Saturated Fat 2g		9%	
Monounsaturated Fat 3g			
Polyunsaturated Fat 13g			
Omega-3 ALA 2.6 g			
<i>Trans</i> Fat 0g			
Cholesterol 0mg		0%	
Sodium 1mg		0%	
Potassium 125mg		4%	
Total Carbohydrate 4g		1%	
Dietary Fiber 2g		8%	
Sugars <1g			
Protein 4g			
Vitamin A	0%	Vitamin C	0%
Calcium	3%	Iron	5%
Copper	44%	Magnesium	11%
Phosphorus	10%		



Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.