

# California Walnuts, raw

(English walnuts)

## Nutrition Facts

Serving Size: 1 ounce (28g)

1/4 cup shelled halves or pieces

14 halves

### Amount Per Serving

**Calories** 190

Calories from Fat 160

**% Daily Value**

<b>Total Fat</b>	18g	28%	
Saturated Fat	1.5g	8%	
<i>Trans</i> Fat	0g		
Monounsaturated Fat	2.5g		
Polyunsaturated Fat	13g		
Omega-3 Fatty Acids			
Alpha-Linolenic Acid	2.5g		
<b>Cholesterol</b>	0mg	0%	
<b>Sodium</b>	1mg	0%	
<b>Potassium</b>	125mg	4%	
<b>Total Carbohydrate</b>	4g	1%	
Dietary Fiber	2g	8%	
Sugar	<1g		
<b>Protein</b>	4g	9%	
Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	4%
Copper	25%	• Magnesium	10%
Phosphorus	10%		

g = gram | mg = milligram

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.

USDA National Nutrient Database for Standard Reference,

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