

Nutritional analysis of natural walnuts

Servings per package (edible portion): **250g: 8.3**

Serving size (edible portion): **30g**

Nutrient	Qty per 30g	%DI* per serving	Qty per 100g
Energy	871kJ	10%	2904kJ
Protein	4.3g	9%	14.4g
Fat, total	20.8g	30%	69.2g
Fat, saturated	1.3g	6%	4.4g
Fat, monounsaturated	3.6g		12.1g
Fat, polyunsaturated	14.8g		49.4g
Fat, omega-3 (ALA)	1884mg		6280mg
Cholesterol	0mg		0mg
Carbohydrate, total	0.9g	0.3%	3.0g
Carbohydrate, sugars	0.8g	0.9%	2.7g
Dietary fibre	1.9g	6%	6.4g
Sodium	0.9mg	0.04%	3.0mg
Potassium	132mg		440mg
Magnesium	45mg	14%	150mg
Thiamin	0.09mg	8%	0.3mg
Folate	21mcg	11%	70mcg
Polyphenols, total	467mg GAE		1556mg GAE

*Percentage daily intakes are based on an average adult diet of 8700 kJ.
Your daily intakes may be higher or lower depending upon your energy needs.

Contains tree nuts (walnuts)

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