



## Premium Walnuts



Use these walnuts in all your baking. Walnuts lend a wonderful flavor and texture to your baking. They are also a healthy choice—high in Omega 3, a healthy fat.

**Net wt: 15.2 oz/.43kg**



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<b>Calories</b>	210
Calories from fat	180
<b>Total fat</b>	20 grams
Saturated fat	1.5 grams
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	0 mg
<b>Total Carbohydrates</b>	3 grams
Dietary fiber	3 grams
Sugars	1 grams
<b>Protein</b>	5 grams
<b>Vitamin A</b>	0 IU
<b>Vitamin C</b>	0 mg
<b>Vitamin E</b>	0 mg
<b>Calcium</b>	20 mg
<b>Iron</b>	1.1 mg
<b>Potassium</b>	0 mg
<b>Thiamin</b>	0 mg
<b>Riboflavin</b>	0 mg
<b>Niacin</b>	0 mg
Serving weight	30 grams

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Ingredients: Walnut Pieces. **This product is packaged with equipment that is used in the production of baking mixes and may contain traces of soy, dairy, wheat, or eggs.**

Packed by  
**The Prepared Pantry**

[preparedpantry.com](http://preparedpantry.com)

1-866-745-7892

2 North Landmark Lane

Rigby, ID 83442



PP73

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