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Walnuts Halves & Pieces, Raw - 12 oz.



Walnuts are a versatile treat. They are good source of magnesium, fiber, and protein and are low in saturated fat.

From the FDA's website: "Supportive but not conclusive research shows that eating 1.5 oz of walnuts per day, as part of a low saturated fat and low cholesterol diet, and not resulting in increased caloric intake may reduce the risk of coronary heart disease."

PRODUCT #: 7073
UPC: 733739070739
SRP: $4.49
Where to Buy
Add a Comment

Nutrition Info

Serving Size: 1/4 cup (30 g)
Servings Per Container: 11

	Amount Per Serving	% Daily Value
Calories	210	
Calories from fat	180	
Total Fat	20 g	31%
Saturated fat	1.5 g	8%
Cholesterol	0 g	0%
Sodium	0 mg	0%
Total Carbohydrate	3 g	1%
Dietary Fiber	3 g	14%
Sugar	0 g	
Protein	5 g	
Vitamin A		0%
Calcium		2%
Magnesium		15%
Vitamin C		0%
Iron		6%
Zinc		6%

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

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Scent-Sational Bath Escape Kit



The holidays are a time of reflection, warmth and renewal. The Scent-Sational Bath Escape Kit is sure to touch the heart of someone special in your life. This complete essential bath kit was...

Leaves of Tea, Tea Chest



Serving Size: 1/4 cup (30 g)
Other Ingredients: Raw Walnuts.

Warnings: None

Disclaimers: None

To maintain maximum freshness, store in a tightly sealed container.

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