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Brazil Nuts, Raw - 12 oz.



PRODUCT #: 7012
UPC: 733739070128
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Brazil Nuts, also known as Para Nuts, are the seeds of a tropical tree (Bertholletia excelsa) native to the Amazon River basin of South America.

Brazil nuts are unique in that they are the richest known food source of selenium, an important mineral that's an effective antioxidant. It's estimated that eating just one Brazil Nut a day would prevent selenium deficiency! Brazil Nuts are also a good source of other minerals, including zinc and magnesium.

The FDA recently approved the following health claim for Brazil Nuts: "Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as Brazil Nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."

Nutrition Info

Serving Size: 1 oz.

Servings Per Container: 12

	Amount Per Serving	% Daily Value
Calories	195	
Calories from Fat	165	
Total Fat	18.5 g	28%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	3.5 g	1%
Dietary Fiber	1.5 g	6%
Sugars	0 g	
Protein	4 g	
Vitamin A		0%
Vitamin C		0%
Calcium		5%
Iron		5%

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Details

Serving Size: 1 oz.

Other Ingredients: 100% Brazil Nuts. (May contain other tree nuts and/or peanut traces).

Warnings: None

Disclaimers: None

Refrigeration Recommended.

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