




Pine Nuts (Pignolias)

Ingredients: Pine Nuts (Pignolias)

Country of Origin: Russia/China

Kosher: 

Organic: N/A

Allergen: Tree Nut

Manufacturer's Statement: Manufactured in a facility that processes/packages products that contain peanuts, tree nuts, milk, soy & wheat.

Nutritional Facts

Serving Size	30g	
Calories	202	
		% DV*
Total Fat	21g	32%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	
Includes Added Sugar	0g	0%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	5mg	1%
Iron	2mg	11%
Potassium	0mg	0%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.