

HAZELNUT WITH SHELL

- Hazelnuts are a rich source of vitamins and minerals like vitamin E, manganese and copper. Additionally, they have a high content of omega-6 and omega-9 fatty acids.
- Hazelnuts are rich in phenolic compounds that have been shown to increase antioxidant protection in the body.
- It may help prevent and decrease inflammation due to their high concentration of healthy fats.



NUTRITION FACTS

Serving Size 28g	
Amount Per Serving	
Calories	178
Fat	17g
Sodium	omg
Carbohydrates	4.7g
Fiber	2.8g
Sugars	1.2g
Protein	4.2g

PACKING DETAILS

Weight	
Units/ Case	
Cases/ Pallet	
Shelf-life	
Pack Language	

