

WALNUTS with SHELL

- Walnuts are a great source of antioxidants and the minerals manganese, copper, phosphorus, and magnesium.
- Walnuts are a good source of the plant form of omega-3 fat, which may help reduce heart disease risk.
- Several plant compound and nutrients in walnuts may help decrease inflammation, which is a key culprit in many chronic diseases.
- Eating walnuts not only nourishes you but also the beneficial bacteria that live in your gut. This promotes the health of your gut and may help reduce disease risk.

NUTRITION FACTS

Serving Size 2/3 cup (27g)	
Amount Per Serving	
Calories	
	% Daily Value
Total Fat 18g	23%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mg	0%
Calcium 0g	0%
Iron 0g	0%
Potassium 0mg	0%



PACKING DETAILS

Weight	25Kg
Units/ Case	25Kg/Bag
Shelf-life	24 Months
Pack Language	English & Arabic