

## WALNUTS without 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 |
| <b>Total Fat</b> 18g         | 23%           |
| Saturated Fat 1.5g           | 8%            |
| Trans Fat 0g                 | 0%            |
| <b>Cholesterol</b> 0mg       | 0%            |
| <b>Sodium</b> 0mg            | 0%            |
| <b>Total Carbohydrate</b> 4g | 1%            |
| Dietary Fiber 2g             | 7%            |
| Total Sugars 1g              |               |
| Includes 0g Added Sugars     | 0%            |
| <b>Protein</b> 7g            | 14%           |
| Vitamin D 0mg                | 0%            |
| Calcium 0g                   | 0%            |
| Iron 0g                      | 0%            |
| Potassium 0mg                | 0%            |



### PACKING DETAILS

|               |                  |
|---------------|------------------|
| Weight        | 1kg   500g       |
| Shelf-life    | 12 Months        |
| Pack Language | English & Arabic |