

Walnut / Valnöt

This is Perfect. Wonderfully whole and deliciously organic, our walnuts are great to taste with a satisfying crunch. Packed with protein and essential vitamins, our Walnuts are the perfect snack.

100% Pleasure, 0% Guilt



Ingredients/Ingredienser:

Organic walnuts*/**Ekologiska valnötter***, No additives/Utan tillsatser. May contain traces of **peanuts** and **treenuts**/Kan innehålla spår av **jordnöt**, **mandel**, **hasselnöt**, **paranöt**, **pistagenöt**, **pekannöt**, **valnöt**, **macadamianöt** och **cashewnöt**.

Country of Origin/Ursprungsland: Moldavia/Moldavien

Nutritional values/Nutritionsvärden:

	(per 100 g)	(per serving/ per portion 42g)
Energy/Energi:	2738 KJ/654 Kcal	1150KJ/275 kcal
Fat/Fett:	65.2g	27.4g
Saturated/Mättat:	6.1g	2.6g
Mono-unsaturated/Enkelomättat:	8.9g	3.7g
Poly-unsaturated/Fleromättat:	47.7g	20g
Carbohydrates/Kolhydrater	7g	2.9g
Sugars/Socker:	2.61g	1.1g
Dietary fibre/Kostfiber:	6.7g	2.8g
Protein/Protein:	15.2g	6.4g
Salt/Salt:	0.01g ¹	0.0g ¹

Vitamins/Vitaminer

Vitamin B1:	0.34mg (31% DRI)**	0.14mg (13% DRI)**
Vitamin B6:	0.54mg (39% DRI)**	0.23mg (16% DRI)**

Minerals/Mineraler

Iron/Järn:	2.9mg (21% DRI)**	1.2mg (9% DRI)**
Phosphor/Fosfor:	346mg (49% DRI)**	143.5mg (21% DRI)**
Potassium/Kalium:	441mg (22% DRI)**	185.2mg (9% DRI)**
Magnesium/Magnesium:	158mg (42% DRI)**	66.4mg (18% DRI)**

¹The content of salt is exclusively due to naturally occurring sodium/Salthalten beror uteslutande på naturligt förekommande natrium.

* Organic ingredient/Ekologisk ingrediens.

** Reference intake for an average adult/Referensintag för en genomsnittlig vuxen (8 400 kJ/2 000 kcal).

Warning/Varning: Potential choking hazard to small children/Tänk på att små barn lätt kan sätta innehållet i halsen/May contain **nut shell residue/Skalrester** kan förekomma.

Storage: Once opened, please keep me somewhere away from direct sunlight. Store me in a cool, chilled-out place. I'm not a vampire though, promise.

Förvaring: Förvaras torrt och svalt.

Go Nuts & Shop Nuts!

www.thisisnuts.co

Contact us at

info@thisisnuts.co

This is Nuts Sweden AB

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114 43 Stockholm



Weight/Vikt: Lot nr.:

Net Weight/Nettovikt:



Use by date/Bäst före:

EU/icke-EU-jordbruk
SE-EKO-01