

Macadamia Nuts in Shell

Contains: Macadamia Nut 100%

Calories per portion (approx 5 nuts, 28g): 201

Typical Nutritional Information		
	28g	100g
Energy (kJ)	842	3,006
Protein (g)	2.2	8.0
Glycaemic Carbohydrates (g)	4.0	14.1
of which total sugars (g)	1.3	4.6
Total Fat (g)	21.2	75.8
of which		
Monounsaturated (g)	16.5	58.9
Unsaturated (g)	0.4	1.5
Saturated (g)	3.4	12.1
Dietary Fibre (g)	2.4	8.6
Calcium (mg)	23.8	85
Phosphorus (mg)	52.6	188
Potassium (mg)	103	368
Total Sodium (mg)	1.4	5