

Nutrition Facts: Fats



Walnuts

Ingredients:

Walnuts

Nutrition Facts	
Serving Size 1oz. (28g / about ¼ cup)	
Amount Per Serving	
Calories 190	
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 13g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Incl. 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 130mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Pecan Pie

Ingredients:

Corn Syrup, Eggs, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Pecans, Sugar, Vegetable Oil (Palm and Soybean Oils), Margarine Vegetable Oil (Palm and Soybean Oil), Water, Salt, Mono- and Diglycerides, Annatto (Color), Calcium Disodium EDTA (Preservative), Artificial Flavor, Vitamin A Palmitate), Water, Contains 2% Or Less: Salt, High Fructose Corn Syrup, Molasses, Maltodextrin, Carrageenan, Natural and Artificial Flavors, Caramel Color.

Nutrition Facts	
8 servings per container	
Serving size 1/8 Pie (113g)	
Amount per serving	
Calories 500	
% Daily Value*	
Total Fat 27g	34%
Saturated Fat 9g	44%
<i>Trans</i> Fat 0g	
Cholesterol 55mg	18%
Sodium 270mg	12%
Total Carbohydrate 60g	22%
Dietary Fiber 2g	6%
Total Sugars 35g	
Includes 34g Added Sugars	68%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.7mg	4%
Potassium 100mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.