

# Pine Nuts 125g

Allergy Advice

See Ingredients in **Bold**

Suitable For Vegetarians

Ingredients

**Pine Nuts**

Nutrition per 100g Typical

Energy	2840kj (688 kcal)
Fat	68.6g
Of Which Saturates	4.6g
Mono-Unsaturates	19.9g
Polyunsaturates	41.1g
Carbohydrate	4.0g
Of Which Sugars	3.9g
Fibre	13.7g
Protein	14.0g

Country Of Origin: Various



Batch  
Code

Store in a Cool Dry Place  
Best Before