

Nutrition Certificate

Macadamia Raw Kernel

Nutrition	Average Quantity per 100 grams
ENERGY	3080kJ (736 Cal)
PROTEIN	9.2g
FAT - Total	74.0g
- Saturated	10.0g
- Monounsaturated	59.8g
- Polyunsaturated	3.8g
- Trans	0.0g
CARBOHYDRATE	7.9g
- Sugars	4.6g
DIETARY FIBRE	6.4g
SODIUM	1.4mg
POTASSIUM	410mg
MAGNESIUM	95mg