

# HAZELNUT KERNELS

Produce  
of Turkey



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# HAZELNUT KERNELS

## NUTRITION FACTS HAZELNUT KERNELS SERVING SIZE 100 GRAMS

<b>CALORIES</b>	<b>336 kcal</b>	
		<b>% DAILY VALUE*</b>
<b>Carbohydrates</b>	16.70 g	<b>6%</b>
Dietary Fibre	9.7 g	<b>39%</b>
<b>Fat</b>	60.75 g	<b>93%</b>
<b>Protein</b>	14.95 g	<b>-</b>
<b>Cholesterol</b>	0 mg	
<b>Sodium</b>	0 mg	
<b>Potassium</b>	0.7 g	<b>25%</b>
Vitamin A*		<b>20%</b>
Vitamin C*		<b>11%</b>
Iron*	4.7 mg	<b>26%</b>
<b>Calcium*</b>	114 mg	<b>11%</b>

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or or lower depending on your calorie diet.

## CONTAINER LOADING DETAILS

		<b>10 KG VACUUM BOXES</b>
<b>BULK</b>	<b>20' DC</b>	1.250 Boxes
	<b>40' DC</b>	2.500 Boxes
<b>PALLETIZED</b>	<b>20' DC / 14 Pallets</b>	1.000 Boxes
	<b>40' DC / 28 Pallets</b>	2.000 Boxes

**HARVEST PERIOD** : 1 - 30 AUGUST  
**FIRST SHIPMENTS** : First Half of SEPTEMBER