



NUTRITIONAL INFORMATION

per 100g of product

Description	Calories	Calories from Fat	Total Fat	Saturated Fat	Mono-unsaturated Fat	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
	(Kcal)	(Kcal)	(g)	(g)	(g)	(mg)	(g)	(g)	(g)	(g)
Raw Dry Nuts										
Pami Almond raw	575	414	49	4	30.9	1	22	12	4	21
Pami Almond blanched sliced	581	424	51	4	32.3	1	20	10	5	22
Pami Almond blanched	581	424	51	4	32.3	1	20	10	5	22
Pami Almond blanched diced	581	424	51	4	32.3	1	20	10	5	22
Pami Almond blanched sticker	581	424	51	4	32.3	1	20	10	5	22
Pami Peanut blanched sliced	567	412	49.2	6.8	15.6	18	16	8.5	4	25.8
Pami Coconut	320	45	5.4	0.5	1.1	39	49.6	10.7	2.6	21.3
Pami Walnut	654	546	65	6	8.9	2	14	7	3	15
Roasted Dry Nuts										
Pami Almond blanched sliced roasted	597	444	53	4	33.7	1	19	12	5	22
Pami Almond blanched diced roasted	597	444	53	4	33.7	1	19	12	5	22
Pami Almond diced roasted	597	444	53	4	33.7	1	19	12	5	22
Pami Hazelnut diced roasted	646	522	62	5	46.6	0.0	18	9	5	15
Pami Hazelnut blanched roasted	646	522	62	5	46.6	0.0	18	9	5	15
Coated Dry Nuts										
Pami Almond caramelized diced	482	206	24.6	1.9	15.7	1	55.0	5.5	48.7	10.3
Pami Hazelnut caramelized diced	505	241	28.8	2.1	21.6	<1	54.5	4.2	48.7	7.0
Pami Peanut caramelized diced	479	194	23.2	3.2	11.4	3	56.3	3.7	48.3	11.1