



Gem Walnuts (10x1kg)

Additional Information

Product Code	685472
Product Description	Walnut halves. Walnuts not only have a great taste but are a rich source of monounsaturated fat and Omega 3 fatty acids. They are extremely versatile and make a welcome addition to any dish.
Height (mm)	298.0000
Length (mm)	406.0000
Width (mm)	298.0000
Outer EAN 1	5099809124166
Storage Type	Ambient
Brand	Gem

Ingredients

Ingredients	Walnuts
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Dietary Information

Suitable for Coeliacs	Yes
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes

Allergens

Celery	No
Gluten	No
Crustacea	No
Egg	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	Yes
Peanuts	No
Sesame	May Contain
SOYA	No
Sulphites	No

Nutritional Information

Carbohydrate Per 100g (g)	13.7
Carbohydrate of which Sugars per 100g (g)	2.6
Fat per 100g (g)	64
Fat of which Saturates per 100g (g)	5
Fibre per 100g	6.1
Energy per 100g (kcal)	663
Energy per 100g (kJ)	2738
Protein per 100g (g)	14.8
Salt per 100g (g)	0.02

Disclaimer:

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