



# MACADAMIAS



## SIZES



## MISCELLANEOUS



### MACADAMIAS Nutritional Content (in 100 grams)

Calories.....718.0	Sugars.....4.5g	Total Trans Fat.....0.0g	Iron.....3.6mg
Protein.....7.9g	Added Sugar.....0.0g	Cholesterol.....0.0mg	Sodium.....5.0mg
Carbohydrates.....13.8g	Total Fat.....75.7g	Vitamin D.....0.0mcg	Potassium.....368mg
Dietary Fiber.....8.6g	Saturated Fat.....12.0g	Calcium.....85.0mg	

Source: USDA National Nutrient Database Release 28



**STYLE I:**  
95% WHOLE  
17MM &  
LARGER  
FOR INFO ONLY



**STYLE II:**  
PREMIUM WHOLE & HALVES  
50%/50%  
17MM - 13MM  
FOR INFO ONLY



**STYLE III:**  
WHOLE & HALVES  
MIN. 75% HALVES  
17MM - 13MM  
FOR INFO ONLY



**STYLE IV: HALVES & PIECES**  
MIN. 80% HALVES  
GREATER THAN 16/64"  
14MM - 10MM  
DR 82578 • DR/NS 83189



**STYLE V:**  
DICED PIECES  
32/64" - 20/64"  
12MM - 8MM  
DR/NS 83173



**STYLE VI:**  
CHIPS  
22/64" - 8/64"  
9MM - 5MM  
DR/NS 82932  
R/NS 83193



FOR INFO ONLY



**NATURAL PISTACHIOS**  
FOR INFO ONLY



**SHELLED 80% WHOLE  
20% PIECES PISTACHIOS**  
CALIFORNIA RAW 72576  
CALIFORNIA R/S 94200  
CALIFORNIA R/NS 80540



**PINE NUTS**  
FOR INFO ONLY



**SUNFLOWER KERNEL  
RAW 58000**



**SESAME STICKS**  
01420



**YOGURT**  
FOR INFO ONLY



**GRANOLA**  
FOR INFO ONLY

