

# Nuts

## Pine Nuts 1kg

**Product ID:**

PINE070

**Product Name:**

Pine Nuts 1kg

**Country of Origin:**

China

**Description:**

These pine nuts are light yellow with a firm texture and pine like flavour. They are full of nutrition and can be enjoyed raw or roasted. The flavour and texture of the nuts make them great for salads, pastas and desserts. Pine nuts are good sources of protein, iron, potassium and fibre.

**Intended Use:**

desserts, salads, pastas, stuffings, sauces, puddings, cookies, decorations, oils

**Ingredient Listing:**

Pine Nuts (100%)

**Pack Size:** 1kg

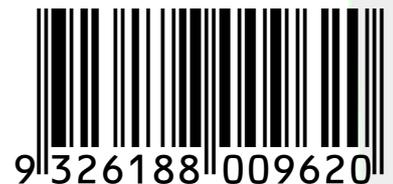
**Net Weight:** 1

**Per Pallet:** 480

Product specifications subject to change without notice.

**Nutritional Information: Amount per 100g**

Energy Kj	2,816
Protein	13.69g
Total Fat	68.37g
Saturated Fat	4.899g
Total Carbohydrate	13.08g
Sugar	3.59g
Dietary Fibre	3.7g
Sodium	2mg



**QUALITY INGREDIENTS TO THE FOOD INDUSTRY**