

Nutritional Facts for Hazelnuts

per 1 oz

176 calories

17 g fat

4.2 g protein

4.7 g carbohydrates

2.7 g fibre → 11% RDI

Vitamin E → 21% RDI

Thiamin → 12% RDI

Magnesium → 12% RDI

Copper → 24% RDI

Manganese → 87% RDI

