



Nutritional Information

Raw macadamia nuts:		Approx. per 100g ¹
Energy:		3004kj (718 kcal)
Protein:		7.9g
Fat:	(Total Oils)	75.7g
	Mono-unsaturated	58.8g
	Saturated	12.1g
	Poly-unsaturated	1.5g
Carbohydrate		13.8g
Dietary fibre:		8.6g
Vitamins:	Thiamin	1.19mg
	Riboflavin	0.16mg
	Niacin	2.47mg
Minerals	Potassium	368mg
	Phosphate	188mg
	Magnesium	130mg
	Calcium	85mg
	Sodium	5mg
Cholesterol:		Nil
Trans-fatty Acids		Nil

¹ Above relates to edible portions only. Variety and seasonal conditions may cause minor variation in above values. Source: USDA National Nutrient Database for Standard Reference, Release 21 (2008).

Health

- 🌀 Macadamia oil contains 78% nutritionally important mono-unsaturated fats (good oil), the highest of any oil including olive oil.
- 🌀 Mono-unsaturated fats can assist in lowering blood cholesterol, is a natural plant food, high in fibre and vitamin E and is a powerful anti-oxidant.
- 🌀 This nut is an excellent source of protein, calcium and potassium.
- 🌀 Macadamias have not been genetically modified.

Golden 
 macadamias
nuts about quality