



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