



25 of baru nuts
grams 0.2 cups provides:



130 Calories

4 g Carbohydrates

9.8 g Total Fat

6.5 g Protein

GOOD SOURCE OF

NO CALORIES
CHOLESTEROL
ADDED SUGARS

GOOD SOURCE OF
VITAMIN E 36%

HIGH ON FIBER 13%

COPPER 50%

MANGANESE 20%

ZINC 10%

MAGNESIUM 11%

PHOSPHORUS 30%

Contribution of 25g of baru nuts on a 2,000 calories daily diet.

BARU nuts



SINGLE ORIGIN



WILD
HARVESTED



SUSTAINABLE
PRODUCTION



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