

Walnuts



Walnut consumption helps safeguard the heart from various cardiovascular diseases as well as heightens brain function.

Ingredients for 2 serving (US/Metric)

- 73g / 2.6oz Walnuts

Nutrition (US/Metric)

- **Protein:** 9%
- **Fat:** 87%
- **Net carbs:** 4%

Instructions

Put your desired portion of walnuts in a small bowl. Enjoy!