



IMPORTERS,EXPORTERS
MANUFACTURERS OF DALLS,SPICES,
CURRY POWDER AND PRODUCE DEALERS.
SPECIALIST IN GRAM FLOUR

SHREE SAI INDUSTRIES LTD

P.O.BOX 49796 – 00100 CHANGAMWE ROAD, INDUSTRIAL AREA NAIROBI

TEL: 254 20 6558816/ 6555343/ 6555002/ 6555772/ 6553377

CELL: +254 722 517066 / +254 734 517066 / +254 723 115287 / +254 734 048756 / +254 722 711376

Email: shree@africaonline.co.ke

Pin: P051096118V

VAT: 0012287H

Macadamia Nutritional Value

The Macadamia nut has a tough thick shell which encloses a cream-colored oil-rich nut. The macadamia nuts are rich in oil (60-72%), Proteins and Carbohydrates. It is also a good source of Vitamin B1, B2, E, Fibre, Calcium, Phosphorous, Magnesium, Iron, Potassium and Niacin.

The nuts can be eaten raw or used to make edible oils or in confectionery or baking.

Nb: *Nutritional composition of raw edible portion Per100g of macadamia nuts*

Energy	2,9936kj
Protein	8.30 grams
Carbohydrates	4.43 grams
Fibre	9.30 grams
Vitamin B1	0.350 milligrams
Vitamin B2	0.110 milligrams
Niacin	5.69 milligrams
Vitamin B6	0.196 milligrams
Vitamin E	0.410 milligrams
Calcium	70.0 milligrams
Phosphorous	136 milligrams
Magnesium	116 milligrams
Iron	2.41 milligrams
Potassium	368 milligrams
Magnesium	116 milligrams
Zinc	1.71 milligrams
Saturated Fat	11.0 milligrams
Sodium	5.00 milligrams