
MAYO MACS SA MACADAMIA OIL

NUTRITIONAL ANALYSIS

JANUARY 2023





	<i>Per 100ml</i>	<i>Per single serving (15ml)</i>
Energy (kJ)	3420	513
Protein (g)	<0.1	<0.1
Carbohydrate (g)	<1	<1
Of which total sugar (g)	<0.1	<0.1
Total fat (g)	92.4	13.9
Of which:		
Saturated fat (g)	15.2	2.3
Monounsaturated fat (g)	74.3	11.1
Polyunsaturated fat (g)	3	0.5
Trans fat (g)	<0.1	<0.1
Cholesterol (mg)	<5	<5
Dietary fibre (g)*	<0.1	<0.1
Total sodium (mg)	4	1
ALLERGENS	Tree Nuts, Soy	
High in monounsaturated fat		
Free from cholesterol		