

General Hemp Nutritional Analysis by Weight

	Shelled Hemp Seed or Nut Butter	Hemp Oil	Hemp Flour
Calories (kcal/100g)	603.0	850.0	400.0
Protein (g/100g)	34.6	0	33.3
Fat (g/100g)	45.6	96.2	13.3
Carbohydrate	11.6	0	46.7
Fibre	6.0	0	40.0
Cholesterol	0	0	0

Source: Fresh Hemp Foods, Winnipeg, Man.