

ALMONDS – ROASTED & UNSALTED

Nutrition Facts	
1 serving per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 16g	20%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 10g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 1mg	6%
Potassium 200mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: ALMONDS, ROASTED IN PEANUT AND/OR COTTONSEED AND/OR SUNFLOWER SEED AND/OR CANOLA OIL.

CONTAINS ALMONDS.

PRODUCT IS MADE ON THE SAME EQUIPMENT AND MAY CONTAIN TRACES OF MILK, SOY, WHEAT, PEANUTS, OTHER TREE NUTS, AND SESAME.