

Milk, Dark & Yogurt Almonds

NUTRITION FACTS

Serving Size 10 pieces (42g)

Servings per Container

Amount per Serving

Calories 220

Calories from Fat 140

% Daily Value*

Total Fat 15g

23 %

Saturated Fat 8g

40 %

Trans Fat 0g

Cholesterol 0mg

0 %

Sodium 20mg

1 %

Total Carbohydrate 21g

7 %

Fiber 2g

8 %

Sugars 17g

Protein 3g

Vitamin A 0%

Vitamin C 0%

Calcium 6%

Iron 4%

Vitamin E %

Niacin %

Phosphorous %

Magnesium %

Manganese %

Last Changed: 10/10/2014