

Almonds

NUTRITION FACTS	
Serving Size: 19 pieces (29g)	
Servings per Container:	
Amount per Serving	
Calories 180	Calories from Fat 120
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 7g	
Vitamin A 0%	* Vitamin C 0%
Calcium 8%	* Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4

Ingredients: Almonds. **Contains Tree Nuts.