

## Blue Diamond Growers Almond Nut Thins

<b>NUTRITION FACTS</b>	
Serving Size: 30g (about 16 crackers)	
Servings per Container: about 4	
Amount per Serving	
<b>Calories</b> 130	<b>Calories from Fat</b> 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 115mg	5%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber less than 1g	3%
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0% * Vitamin C 0%	
Calcium 0% * Iron 2%	
*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: Rice flour, almonds, potato starch, salt, expeller pressed safflower oil, natural almond flavor, natural butter flavor (contains milk).

\*\*Produced in a facility that also makes products containing: soy, pecans, hazelnuts, and wheat.

\*\* Information taken from product label