

Nutrition Facts

Serving Size 1 ounce (28g)
or about 23 almonds

Amount Per Serving

Calories 160 Calories from Fat 120

		% Daily Value*
Total Fat	14g	22%
Saturated Fat	1g	5%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Potassium	200mg	6%
Total Carbohydrate	6g	2%
Dietary Fiber	3g	12%
Sugars	1g	
Protein	6g	

Vitamin A *	•	Vitamin C *
Calcium 8%	•	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may vary higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram:		
Fat 9	•	Carbohydrate 4
	•	Protein 4

INGREDIENTS: ALMONDS
PLEASE REFRIGERATE
FOR OPTIMUM FRESHNESS.

ALLERGY INFORMATION:

This product is packed on equipment that also packages products that contain peanuts, other tree nuts, wheat, soybeans, milk and eggs.

Consumers with food allergies or food sensitivities, please read the ingredient statement carefully.