

Natural Almonds

NET WT 6.5 OZ (184g)

Nutrition Facts

About 6 servings per container

Serving size 1/4 cup (30g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 14g 22%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 3g 12%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0% • Calcium 75mg 8%

Iron 1mg 6% • Potas. 200mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMONDS.

CONTAINS TREE NUTS (ALMONDS).

MANUFACTURED AND PACKAGED IN FACILITIES THAT PROCESS OTHER PRODUCTS CONTAINING PEANUTS, TREE NUTS, MILK, WHEAT, SOY AND EGGS.