

**Blue Diamond Growers 312099**  
**Almonds, Roasted No Salt**

<b>NUTRITION FACTS</b>	
Serving Size: ¼ cups (30g)	
Servings per Container:	
Amount per Serving	
<b>Calories</b> 188	<b>Calories from Fat</b> 95
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	26%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein</b> 7g	
Vitamin A 0% *	Vitamin C 0%
Calcium 9% *	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 and peanut oil.

\*\*Contains Tree Nuts (almonds).

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