

Blue Diamond Growers 312100
Almonds, Roasted No Salt

NUTRITION FACTS			
Serving Size: ¼ cups (30g)			
Servings per Container:			
Amount per Serving			
Calories 188		Calories from Fat 95	
			% Daily Value*
Total Fat	17g		26%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	4g		1%
Dietary Fiber	3g		12%
Sugars	1g		
Protein 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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