

# Almond Butter - Organic

## Nutritional Information

Serving Size: 2 Tbls (30g)

### Amount per Serving

Calories 180      Calories from Fat: 140

% Daily Value \*

Total Fat	16 g	25 %
Saturated Fat	1.5 g	8 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Total Carbohydrates	6 g	2 %
Dietary Fiber	4 g	16 %
Sugars	2 g	
Protein	7 g	

Vitamin A	0%	Vitamin C	0 %
Calcium	8%	Iron	6 %

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

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

### Calories per gram

Fat 9      Carbohydrates 4      Protein 4

Ingredients

Dry Roasted Organic Almonds

\*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.