

# Almonds-Blanched

Nutritional information			
Serving Size:		1 cup (145g)	
Amount per Serving			
Calories	842	Calories from Fat:	614
% Daily Value *			
Total Fat	73 g		113 %
Saturated Fat	6 g		28 %
<i>Trans</i> Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	41 mg		2 %
Total Carbohydrates	29 g		10 %
Dietary Fiber	15 g		60 %
Sugars	7 g		
Protein	32 g		
Vitamin A	0%	Vitamin C	0 %
Calcium	31%	Iron	30 %
* 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	20 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: 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.