

# Almonds - Organic Dry Roasted & Salted

<b>Nutritional Information</b>			
Serving Size:		1 oz (28g)	
Amount per Serving			
<b>Calories</b>	<b>169</b>	<b>Calories from Fat:</b>	<b>135</b>
<b>% Daily Value *</b>			
<b>Total Fat</b>	<b>15 g</b>		<b>23 %</b>
<b>Saturated Fat</b>	<b>1 g</b>		<b>6 %</b>
<b>Trans Fat</b>	<b>0 g</b>		
<b>Cholesterol</b>	<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>	<b>96 mg</b>		<b>4 %</b>
<b>Total Carbohydrates</b>	<b>5 g</b>		<b>2 %</b>
<b>Dietary Fiber</b>	<b>3 g</b>		<b>13 %</b>
<b>Sugars</b>	<b>1 g</b>		
<b>Protein</b>	<b>6 g</b>		
<b>Vitamin A</b>	<b>0%</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>8%</b>	<b>Iron</b>	<b>7 %</b>
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs.			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	Less than	<b>65 g</b>	<b>80 g</b>
<b>Sat Fat</b>	Less than	<b>20 g</b>	<b>25 g</b>
<b>Cholesterol</b>	Less than	<b>300 mg</b>	<b>300 mg</b>
<b>Sodium</b>	Less than	<b>2,400 mg</b>	<b>2,400 mg</b>
<b>Total Carbohydrates</b>		<b>300 g</b>	<b>375 g</b>
<b>Dietary Fiber</b>		<b>25 g</b>	<b>30 g</b>
<b>Calories per gram</b>			
	<b>Fat</b>	<b>9</b>	<b>Carbohydrates 4 Protein 4</b>

Ingredients:           Organic Almonds, Salt