

# Almonds-Smokehouse

Nutritional Information			
Serving Size:		40g	
Amount per Serving			
Calories	243	Calories from Fat:	200
% Daily Value *			
Total Fat	22 g		34 %
Saturated Fat	2 g		9 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	238 mg		10 %
Total Carbohydrates	6 g		2 %
Dietary Fiber	4 g		16 %
Sugars	1 g		
Protein	9 g		
Vitamin A	0%	Vitamin C	0 %
Calcium	14%	Iron	8 %
* 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

Almonds, canola and/or safflower oil, salt, maltodextrin, natural hickory smoke flavor, yeast, hydrolyzed corn and soy protein, and natural flavorings

\*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.